

10 CENTS

SUGGESTION

THE NEW PSYCHOLOGY MAGAZINE

AUGUST
1906

Psychic Research
Auto-Suggestion
Personal Magnetism
Thought Power
Health
Happiness
Success

Herbert A. Parkyn,
M. D.,
Editor

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SUGGESTIVE THERAPEUTICS

MAIL COURSE
IN
SUGGESTIVE
THERAPEUTICS
AND
HYPNOTISM
—
PARKYN

Dr. Parkyn's mail course in Suggestive Therapeutics consists of 42 lessons, and although originally issued in pamphlet form and sold for \$25.00, the lessons are now illustrated and handsomely bound in one large royal octavo book of 400 pages, the price being within the reach of all.

Dr. Parkyn's mail course is the result of his fourteen years' practical experience in treating mental and physical troubles by suggestion and rational hygiene. It is very practical and goes thoroughly into the operations of the law of suggestion as applied in health and to sickness. It tells exactly how to proceed to relieve different classes of mental and physical ailments in one's self and in others, and it gives, also, a clear insight into many remarkable psychic phenomena. It is different in theory and practice from anything published along advanced thought lines and tells the whys and wherefores of things. It is the result of observation and practical experiences, gleaned from the treatment of over 11,000 patients, treated in private and clinic at THE CHICAGO SCHOOL OF PSYCHOLOGY, and was written especially for students who could not come to Chicago to take the personal course at the school.

If you are interested in the field work and thought covered by SUGGESTION you can not afford to be without a copy of this course. It has been indorsed by the conservative medical press and by students, thinkers in every walk of life.

Send postal today for table of contents, description, testimonials, etc.

CHICAGO SCHOOL OF PSYCHOLOGY, 4020 Drexel Blvd., CHICAGO

Our Platform

SUGGESTION is a magazine of the New Psychology for thinkers. It is in its eighth year. It stands for a rational system of living based on natural laws in which the physical, mental and psychological elements are duly considered.

This magazine teaches that every ill—political, industrial, social, physical, mental and psychological—can be remedied by the proper application of natural laws; that nature will cure all diseases without drugs when given an opportunity; that nature designed every sentient being to enjoy a happy existence; that the laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good will, prosperity and health would result; that facts are the results of unyielding law; that supernormal agencies do not influence or determine any earthly event; that the human intellect and will is unassailable and unchained; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

Among many subjects of interest to thinkers discussed in SUGGESTION from a scientific standpoint may be mentioned the following:

PSYCHIC RESEARCH.
DRUGLESS METHODS OF HEALING.
NATURE CURE.
SUGGESTIVE THERAPEUTICS (psychotherapy).
PERSONAL MAGNETISM.
ADVANCED THOUGHT.
RATIONAL HYGIENE.
POWER OF THOUGHT.
MEMORY TRAINING.

FORMATION OF CHARACTER.
AUTO-SUGGESTION.
LAW OF MENTAL SUGGESTION.
PRACTICAL PSYCHOLOGY.
BUSINESS PHILOSOPHY.
PSYCHOLOGY OF CHILDHOOD.
ANIMAL PSYCHOLOGY.
DEVELOPMENT OF THE WILL.
PHYSICAL CULTURE.
HEALTH, HAPPINESS AND SUCCESS.

ALL INTERESTED in the above declaration of principles are invited to co-operate with the editor in extending the sphere of usefulness of the magazine. Send names of thinkers and requests for sample copies to 4020 Drexel Boulevard, Chicago.

Pain Without Peril

THE *Quarterly Journal of Inebriety*, says:—"Antikamnia Tablets have become one of the standard remedies. We have used them with excellent results to quiet the pain following the withdrawal of morphia. We have NEVER SEEN A CASE OF ADDICTION TO ANTIKAMNIA, hence we prize it very highly as one of the most valuable remedies for DIMINISHING PAIN WITHOUT PERIL"

**"Cheer thy
Spirit
with this Comfort"**



MADE ONLY BY.....

**The Antikamnia
Chemical Company**

ST. LOUIS, U. S. A.

U. S. Government Discloses Op

The United States Government at the recent Lewis & Clark Exposition at Portland, Ore., conducted an exhaustive investigation to determine the mineral values in the boundless, highly mineralized black sands of the Pacific Coast States.



J. F. BATCHELDER, M. E.
Superintendent of Mines and Metallurgy at the Lewis and Clark Exposition and employed by the United States Government in its investigations of the Black Sands. Now in charge of operations and construction for the Black Sand and Gold Recovery Co.

Congress made several appropriations to carry on the investigations, and the report of this investigation has been published by the United States Government.

GOLD, IRON AND OTHER MINERALS IN THE SAND.

It has been known for years that the black sands carry large quantities of gold and iron, but the gold could not be recovered on account of the iron. In fact, miners call the black sand "the thief of the gold," and considered it worthless, although it is now known to be the only source of available iron ore on the Pacific Coast, and the Government succeeded in turning it into the finest grade of steel, in commercial quantities, in a full-sized electric smelter.

The Government demonstrated:

First—That the iron can be separated from the sand and turned into the finest grade of steel for \$12 per ton.

Second—That after the iron is taken out, gold values running from \$6 to \$600 per ton can be saved.

Third—That the iron itself contains large quantities of gold which can be recovered from the iron at small cost.

Fourth—That the sand contains Monazite, Zircon, Ilmenite, Garnet, etc., worth from \$30 to \$400 per ton.

Fifth—That all these valuable minerals can be easily and cheaply recovered after the iron is taken out.

Sixth—That the black sand beds of the Pacific Coast are exhaustless.

But in order to recover the values from the black sands commercially the Government had to employ what is known as

THE LOVETT PROCESS.

This process consists of a most wonderful patented magnetic machine, which separates the iron perfectly from the sand in a wet condition as rapidly as it can be brought up by dredges. A full-sized machine was erected and operated successfully at Portland during the Exposition. It was found that the iron ore could be extracted from the black sand in unlimited quantities and delivered at the smelter for less than \$1 per ton.

Fiscal Agent, The Black Sand

Room A, 1510 and 1511

portunities for Fabulous Wealth

The process further consists in recovering the gold from the iron and from the sand after the iron has been extracted magnetically. This part of the process is also patented and is the only practical means of recovering the gold values even after the iron has been taken from the sand.

Then there are other patents connected with the process for recovering the other values, so that the Black Sand & Gold Recovery Company, which controls the Lovett process and patents, holds a virtual monopoly to the wealth of the black sands.

LARGE PLANT UNDER CONSTRUCTION.

The Black Sand & Gold Recovery Company is now erecting its first large commercial plant for recovering the values from the black sands and smelting the iron recovered, and will be marketing its products inside of five months. There is no guesswork about this. Nothing is left to be demonstrated. It has all been done on a commercial scale already, and the first plant, from the iron alone, will earn over 6 per cent on the total stock of the company. All the iron and steel used on the Pacific Coast is brought from the East or from Europe at a minimum freight rate of \$10 per ton. Steel sells on the Pacific Coast for \$45 per ton. The Black Sand & Gold Recovery Company can turn out steel for \$12 per ton, and in two or three years will control the iron and steel market of the Pacific Coast and the Orient.

Mr. J. F. Batchelder, Superintendent of Mines and Metallurgy at the Lewis & Clark Exposition, who is a mining engineer of national reputation, having represented the mining interests of Oregon at the Exposition at St. Louis, at Buffalo and at Omaha, and who was employed by the Government in its investigation of the black sands, is now superintendent in charge of construction and field operations for the Black Sand & Gold Recovery Company. Mr. Batchelder says of the Lovett process:

"Anyone controlling the Lovett patents for magnetic separation and the recovering of the gold values in connection with magnetic separation, unquestionably holds the only key to unlock the inconceivable wealth which our work at Portland for the United States Government has shown is contained in the limitless black sands of the Pacific Coast States. The Lovett process pre-empted the whole field opened up by the Government's investigations and opens the way for gigantic industries on the Pacific Coast."

THE BLACK SAND & GOLD RECOVERY COMPANY.

The Black Sand & Gold Recovery Company has already raised sufficient money to install, equip and operate its first commercial plant, and other plants will soon be erected on advantageous locations, where the company has at its disposal limitless sand beds which run from 5 per cent to 60 per cent iron and from 25 cents to \$300 per cubic yard in gold.

A STRONG BOARD OF DIRECTORS.

The board of directors of the company is one of the strongest boards ever organized. It contains steel men of national reputation, Government officials, Government representatives, bankers, lawyers and well-known business men.

The stock of the company is now offered for subscription at an attractive figure, and every investor in the stock will make enormous profits within the next few years.

This is the best opportunity you have ever had for an assured INVESTMENT which virtually carries the endorsement of the United States Government.

Call to see the Lovett machine in operation, or send for prospectus and a copy of the special edition of the United States Government report on the black sands, printed specially for the Black Sand & Gold Recovery Company. Address

Gold Recovery Company,
Marquette Building, Chicago, Illinois.

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Write for circular describing terms, building, method of treatment, etc.

THE DR. C. O. SAHLER SANITARIUM

(INCORPORATED)

KINGSTON-ON-HUDSON, NEW YORK

SUGGESTION

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HERBERT A. PARKYN, M. D., C. M.,
Editor.

* * * SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, psychic research, natural healing, rational hygiene, advanced thought, and allied subjects.

* * * IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

* * * SUGGESTION teaches that health is within the reach of all: that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

* * * EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for renewal.

* * * TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

* * * PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

VOL. XVII.

CHICAGO, AUGUST 1, 1906.

No. II,

Pass it On.

HAVE you had a kindness shown?
Pass it on.

'Twas not given for you alone,

Pass it on.

Let it travel down the years,

Let it wipe another's tears,

Turn to hope your brother's fears,

Pass it on.

—Denver (Col.) Graphic.

EDITORIAL

A Dry Little Sermon.

In a book written by O. S. Fowler and published in 1856, on page 364, appears this paragraph, in connection with a discussion of the healing power of mind, or faith cure:

"Its curative principle is based in the magic power wielded by the mind over the body and each of its parts. This great truth has come up twice before, but cannot be cited too often or forcibly. *Those who think they are sick, are sick, though perfectly well; while those who think they are well, are well, even though sick.* Imagination makes us sick and well ad infinitum. Vitativeness puts forth this will to live and contributes essentially to the preservation of life by creating a resistance of disease. Thus two persons, A and B, exactly alike in constitution, kinds of sickness and all other respects, except that A has Vitativeness large and B small, are brought equally near the grave. A loves life so dearly and clings to it with such tenacity as to struggle with might and main against his disease and lives through it; while B, scarcely caring whether he lives or dies, does not stem the downward current, does not brace himself up against it, yields to its sway, is borne downward and swallowed up in death."

The doctrine expressed in the above paragraph sounds very much like doctrines that we read of today in New Thought, Mental Science and Christian Science literature. In fact, all the so-called present day ideas about health, disease, mind, cure, mentality of matter, power of will, or soul or spirit, etc., have been expressed over and over again adown the ages. In all ages and all lands there has occasionally arisen a teacher great enough to discern that nature has not left man incomplete, helpless and undone; these great teachers have recognized the fact that creation is complete and that man possesses inherent power to overcome all disease, all obstacles, all difficulties; that he has power to live a complete life; to achieve all that nature intended him to achieve.

These truths are self-evident; they are the axioms of the New Psychology, and thinkers recognize that it is unwise and unnecessary to take everlasting truth and label it and brand it, and rope it about with churchly formula, dogma and creed. Truth needs not a priest or a creed to be changed with successive general assemblies; it needs not heresy trials, and orthodox interpretation. Truth cannot be confined, or labeled, or canned, or bottled, or manacled with creedal forms.

The great lesson for mankind to learn is to throw off all fetters of thought, to abolish all authority in matters of intellectuality; break all shackles of precedent, and let the human will roam unchained through the great domain of thought. In closing this appeal for freedom of thought, I will add the following quotation: "There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy—if I may."

E. E. C.

An Explanation.

The following letter has been received at this office:

"As a subscriber to your valuable magazine and a sincere believer in your teachings, I have a curiosity to know how you can reconcile your theories and the enclosed advertisements. To a layman it looks like you are being 'worked' by the patent medicine men. There must be some good reason why these people are allowed access to your columns. Will you not please explain in your next issue? Yours very truly,
E. B. PORTER,
222 East Michigan St., Indianapolis, Ind.

Enclosed with the letter were some advertisements referring to the so-called "tissue remedies." If our friend had read these advertisements he would have noticed the sentence, "The ———— ———— preparations are physiological foods—not drugs."

Some years ago a German physician founded a new school of healing, based on the assumption and theory or fact, whatever it may be, that disease is caused by want of balance in the inorganic minerals of the blood. These inorganic minerals are termed "cell salts," because they are absolutely necessary for cell structure. These salts are also called "tissue remedies," "biochemic salts," etc. They are compounds of iron, sulphur, phosphorous sodium, potassium, silica and other elements.

Ordinarily these important constituents of the blood are furnished by the foods we eat; spinach, blackberries, apples, lettuce, strawberries, etc., contain these salts abundantly and in a form easily assimilated by the system. Plant life has the power of taking inorganic substances like iron and so modifying it that it can be used by the blood. This is called "organized iron," or iron that has entered into the composition of living cells. It is claimed by eminent physiologists that ordinary iron compounds, such as the chemist makes and such as are found in tonics, etc., cannot be assimilated.

On the other hand, advocates of the biochemic system claim that the tissue salts are triturated so finely that they are taken up by the blood and used in cell building.

However this may be, one thing is certain—the so-called tissue salts are harmless. They are given in almost homœopathic doses and they do not produce physiological disturbances; they produce no “symptoms.” Their use is not attended with any danger. For these reasons the advertisement of the biochemic cell salts are printed in this magazine. They are not “drugs” in any popular sense of the word. As popularly understood and as defined in the naturopathic literature, a drug is a substance taken into the system which acts as a poison or an obstruction or an irritant; a drug is something which produces a “symptom” or unnatural physiological changes. The only drugs which can be considered in a natural system of healing are those which produce anaesthesia or relieve pain, which would otherwise cause undue suffering, and these drugs should be used with caution and in certain cases only. It is better to so live that painful conditions will not arise.

“Signs of the Times.”

From the *Woodbine Georgian* is taken this paragraph:

A Hindu proverb says: “Bad sons are born, a bad mother never.” We have progressed beyond the stage of belief or feeling represented in that saying. We now believe, declares the *New York Times*, or affect to believe, that no bad sons are “born”—that there are not even any bad little children, but that all badness is developed in the adolescent period by the suggestion and example of the social environment.

It is now universally recognized by psychologists that all children are born “good;” that a bad child or an evil man or woman is made so by adverse and undesirable suggestions. If a child is cross or vicious or cruel the cause will be found in the parents or guardians or teachers. If a child associates with evil companions the parents are at fault. Briefly stated, a bad child means a bad parent. A child’s character simply reflects the character of its associates. When all parents are “good,” then all children will be “good.”

Only Half the Brain Works.

Prof. Symes Thompson lectured the other evening before the Gresham College, London, on “The Nervous System.” In every man’s brain there are many cells waiting to be developed, he said, and, as a matter of fact, the normal person uses only half of the brain, the other half being kept in reserve.

He instanced the case of a man who lost his sight and at once developed the sense of hearing. A blind man, as he walked along the street, was perfectly conscious of passing lamp-posts and other objects, and could distinguish between a man and a woman.

Professor Thompson also said that the quality of the brain was not dependent on its weight, but on the number and depth of its convolutions. A man's brain at maturity weighs about one-fortieth of the total. The brain of an elephant weighs about one-five-hundredth, and that of a whale about one-three-thousandth of its total weight.—*London Express*.

The above is a very good text for a short sermon. It is all true, just as Prof. Thompson says. We do not use our brains, and our brain power is dominant. We are afraid of this or that; we can't do this or that; we wait for some one to help us; to let some one do our thinking, and the whole brain structure shrinks instead of developing.

By cultivating desirable qualities, attributes, habits, aspirations, beliefs and customs we increase the brain areas devoted to these various faculties, and in time the desirable mental qualities are strengthened, and undesirable qualities and habits may be eradicated by reversing the operation. If you are in the constant habit of getting angry you have developed a certain portion of the brain and it is unduly active. The same is true of worry, fear, doubt, anxiety and all undesirable states of mind. No one could worry unless there was a lot of well developed brain cells to harbor the worry thoughts. Eradicate the worry cells; do not exercise them and they will dwindle; and this is the whole secret of brain development; USE INCREASES AND NON-USE DIMINISHES. Build your brain anew.

Notes and Comments

In discussing the origin of thoughts Samuel Blodgett, of Hopkins, Minn., writes as follows:

"We create them. Each one does not create all his thoughts, but those he does not create he adopts.

"Sometimes thoughts come as wind-falls, we do not know from where, we taking them in as we do floating microbes. Sometimes we know who presents them, and whether useful or injurious, we give the proper credit. Perhaps the most of our thoughts reach us from an unknown source, and they take hold of us according to the receptive mood we are in. Sometimes an idea becomes so ingrained in a person that he is impelled to make a business of disseminating it, in which case he passes for a lunny crank for a time, especially if the world is not ripe for the proposed innovation; but its acceptance may afterwards become world wide.

"A man's ideal is his master, and generally it is partly true. Sometimes it is narrow and impracticable, and sometimes it is broader and more

feasible. I am inclined to believe that sometimes we accept thoughts from the animal creation, and I am sure the spirit world grafts them into our consciousness often. There is not the slightest doubt that all thoughts are the creations of sentient beings as truly as they create blood, tissue and bones. Imagination is thought in embryo. It passes through the emotional stage and is then thought. We do not know where the spirit substance out of which thoughts are made comes from any more than we know where the matter comes from out of which we construct our bodies."

A careful analysis of the questions which spring up regarding the origin of thought will convince one that we do not create thoughts. Every thought is a cause. Every thought was suggested by a previous thought. The thoughts of our lives are a chain of suggestions, each one being in turn a result and then a cause. The will or ego or self is independent of thought.

Thoughts appear to rise from the subconscious mind into the objective mind. There is nothing to show that we can influence the passing of a thought from the subjective to the objective. Often we vainly try to find a certain thought and we fail. Then afterward it presents itself without our help. When an inventor is seeking an idea, or a method of doing a certain thing, he has nothing to guide himself. He has no pattern, no example, no ideal as to the method to be followed. He wishes to accomplish a certain result. He ponders over the subject and in course of time there is presented to his mind the idea he wanted. Certainly he did not create the idea; he had no pattern—no conception of what the idea was to be. He was groping in the dark. In a moment the subjective mind thrust up into his consciousness a thought, saying, "Here is the idea you want."

It has been held that when there is a certain desire in the objective plane of consciousness, that the subjective faculties attempt to supply the material or ideas or thoughts desired. A person ponders over a problem and retires baffled; in the morning he finds the answer in his own handwriting on his table. It seems reasonable that all thoughts must reach the mind by the same route; if the answer to the problem came from the subconscious realms, may not all thoughts come from the subconscious realms? If so, is it likely that the thoughts originate in the subconscious entity? Hardly. It seems more probable that the subconscious mind is simply a transmitter of thoughts. Where, then, do thoughts originate? Might it not be possible that they do not originate; that they are self-existent, and have always existed and always will exist?

In all nature we see transmutation, change, chemical action, evolution; may it not be possible that this great law also applies to the mental realms, and that we no more "create" thought than a carpenter "creates" a box?

E. E. C.

In answer to a recent inquiry regarding books on Psychology the following letter was sent from this office:

"The best book to read in commencing the study of modern psychology is 'Hudson's Law of Psychic Phenomena,' price \$1.50, with a subscription to SUGGESTION, \$2.00. Another good book to read is 'Auto-Suggestion,' by Dr. Parkyn, price 75c, with a year's subscription to SUGGESTION, \$1.25. Another interesting book is 'Alterations in Personality,' by Binet, A. C. McClurg & Co., Chicago. A book dealing with the modern questions of psychic research is 'A Widow's Mite and Other Psychic Phenomena,' by Dr. Isaac K. Funk, Funk & Wagnalls, New York City. The back numbers of this magazine contain some very good articles on practical psychology. Twelve back numbers may be had for \$1.50. During the last two or three years dozens of books on psychology have been mentioned in the review department of this magazine—in fact, all the most important works on psychology, psychic research, health, hygiene, psycho-therapy, etc., are reviewed in SUGGESTION. Those who wish to study psychology in relation to therapeutics—suggestive therapeutics—will find all of value in a book by Bernheim (\$3.00), published many years ago, and one by Dr. Parkyn (\$5.00), published more recently, and one by Dr. Sheldon Leavitt, called 'Psycho Therapy' (\$2.00). Since these two latter books have been published no new matter of any importance has been added, to our knowledge, regarding mental healing or psycho therapy. Dr. Sahler, Kingston, N. Y., is also the author of an interesting book, 'Psychic Life and Laws,' price \$2.00.

"Catalogs of books on psychology may be had by addressing Wm. E. Towne, Dept. 17, Holyoke, Mass., Liberal Book Concern, No. 87 Washington St., Chicago, and The New Thought Publishing Co., No. 1170 Caxton Bldg., Chicago."

Second Series—New Psychology Mailing Cards.

The first series of the New Psychology Mailing Cards has been exhausted, and a second series is now in press. The second series consists of sixteen cards, each card containing one, two or three quotations that express eternal truths. This series is much handsomer than the previous series; it is printed in two colors, with beautiful initial letters, many of them being engraved. For thoughtful persons, this

set of mailing cards is attractive and helpful; by mailing them good thoughts are scattered to the ends of the earth. A sentiment or quotation or motto has often been the means of causing a person to think, and when a person begins to think his intellectual growth begins. If you would help the world to think, send out a few quotations like these:

"Pitch upon that course of life which is most excellent, and custom will render it most delightful."—*Pythagora*.

"By a process as constant and immutable as gravitation, the ideal is ever in transmutation into the actual; mind indexes itself in body; thought builds itself into action; and the human imaging faculty erects its own mansion, stately, or otherwise, and dwells within."—*Henry Wood*.

Motto Cards.—The quotations on these cards have been printed on granite colored paper, mounted on heavy red paper, making an attractive wall decoration for home, office, school, or library. The effect of the granite paper against the dark red border is very pretty. A set of these motto cards makes a very striking wall decoration and stamps the owner as a person of culture and thought.

Send the names of four friends who might be interested in SUGGESTION, and ten cents in coin or stamps, to help pay for printing and postage, and you will receive a set of the *Second Series of New Psychology Mailing Cards*, or send the names of four intelligent friends and ten cents and you will receive a set of the cards, mounted, for use as wall decorations; and send 15 cents and eight names and receive a set of the mailing cards and a set of the mounted mottoes.

Now, here is a fair warning. Only two thousand sets have been printed, and those who delay ordering a set may be disappointed. Better do it now. This set of mailing cards retails at 40 cents, but we want names of thinkers and will send them under the above conditions.

Send all orders to SUGGESTION PUBLISHING COMPANY, 4020 Drexel Boulevard, Chicago.

EVERY week we receive a number of long letters, communications, articles, etc., for publication in SUGGESTION. Our space is limited. We have hundreds of letters on file for publication. We desire to print as many letters in each issue as possible; for these reasons correspondents can understand that we do not look with favor on long letters. What we want is short letters; letters containing from 50 to

100 words. If your communication is of especial interest, we will ask you to "call again."

Correspondents should keep in mind these points:

1. WRITE short letters; leave out the opening and closing statements; leave out all explanatory matter; go straight to the point in the first sentence, and stick to your text. After writing a letter for the press it is a good plan to rewrite it, cutting it down one-half or three-fourths. It may then see the light of day, or the light of print, and you can write another some other time.

2. THIS magazine is made up forty days before date of issue. It is on sale in some cities from ten to fifteen days before date of issue.

3. Don't send a letter on September 20 and expect to see it in the August issue, for the August issue goes to press about September 1.

4. Learn to condense your thoughts.

5. It is always best to keep a copy of any letter you send for publication; it is very easy for a letter to be mislaid or lost in an editorial office, and very hard to find it again.

6. Typewritten letters are always given the preference, other things being equal. All articles for the printer must first be typewritten before they leave the editorial office.

7. Correspondents should remember that, next to subscriptions and the good will of friends, the most valued things in a publication office are the names of prospective subscribers. While many friends always send the names of a friend in writing, yet hundreds of letters are received without such names. Please send name of thinking friend, and have your name inscribed on one of our SPECIAL ROLLS OF HONOR. One ROLL OF HONOR contains the names of subscribers who are not in arrears; the other ROLL OF HONOR contains the names of those who have sent the names of friends. Yes, it is possible to have your name on BOTH rolls, if you could carry so much glory.

P. S.—There is also another Roll of Honor that I do not wish to forget. On this ROLL is emblazoned the names of those who have sent in new subscribers. If a friend sends in his renewal, the name of a friend, and one new subscription, he has certainly proven himself a worthy member of the SUGGESTION FAMILY, and is entitled to our best thoughts and considerations.

THE messages that we receive over all the multiform invisible wires of relationship are the exact reflection and correspondence of those we send out.—*Henry Wood.*

COMMON SENSE PHILOSOPHY

BY CAPT. L. W. BILLINGSLEY,
LINCOLN, NEBRASKA.

Intemperate Language.

Exaggeration infects the ideas of most reformers. Working overtime, casting stones at the things they complain of. They are largely concerned over nonessentials, overlooking primary causes of human progress. Evolution is retarded by revolution—one is a downpour, the other a process, in harmony with universal law.

* * *

Unconsidered methods too often frustrate the purpose and defeat the end aimed at. Things natural must prevail, finally, against the abnormal. It is not force, but persuasion, that is the prime factor of human progress. Religious and civic organizations can no more stay the march of truth than an owl can blink out the rays of the rising sun.

* * *

Impulse, appetite and passion can be made to serve intelligence. No human being can rise above the level of his thoughts; elevate his ideas and aspirations, and you elevate the man. Reforms are not wrought out by intemperate language and intolerant thoughts. To convince people over to your views, you must first secure their confidence.

* * *

Attack a man's ideas with violent expressions, and he regards them as a personal insult; force creates opposing force. Abuse never fails to arouse antagonism, and arm against argument. Moderation is a barometer of a self-centered and symmetrical mind. Abuse should never supplant argument. It is only the brutal instinct that prompts one to needlessly wound the feelings of another. Courtesy in controversy is the mark of a liberal mind. Rudeness repels, affability attracts. When we become really civilized, we will argue without acrimony—we will be tolerant of everything but intolerance. None of us have a corner on all truth, so we should be modest in expressing what we do know.

DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

By DR. STANLEY L. KREBS, Greensburg, Pa.

MATTER intended for this Department should be addressed to Dr. Krebs, at above address; manuscript cannot be returned; matter accepted cannot be published in any specific issue; persons having had experience in psychic matters are invited to communicate with Dr. Krebs.

THIS DEPARTMENT will be a regular feature of SUGGESTION, and will contain much material never before published. Dr. Krebs is interested with such scientists and investigators as Professor James H. Hyslop, Dr. R. Hodgson, Professor William James, Professor Elmer Gates, etc. He is one of the recognized authorities in this field of research. Correspondents residing in the east may address him at The Laboratory of Psychology, Chevy Chase Circle, Washington, D. C., of which he is a director and where much of his work is done.—Editor SUGGESTION.

The Third Law of Telepathy—Personal Magnetism.

(Copyrighted, 1906, by S. L. Krebs.)

THE THIRD GREAT LAW

underlying the phenomena of Telepathy is a law which I shall call the law of "Personal Magnetism."

Personal Magnetism is a subtle and silent influence radiating from one person and exerting a more or less compelling power, good or bad, pleasant or unpleasant, upon another person.

(I shall not discuss this subject here in an exhaustive manner, but only in so far as it stands related to Telepathy.)

An influence is a force. Force is a mode of motion. All motion is of but two kinds, namely,

STRAIGHT AND CURVED.

Here we touch a deep analysis which will be found to apply in widely different directions. We here apply it in only two or three lines.

Everything you see in NATURE, every form, organism or structure; every tree, flower, star, sun, rock, mountain, sea, river, animal, etc., is composed of straight lines and curves.

Every figure we see in ART, which is based upon Nature and is an ideal reproduction of Her, is also composed of straight lines and curves: painting, music, sculpture, architecture, etc.

THEIR SIGNIFICANCE.

The straight line always stands for strength and power, and produces them in the objective world. It therefore creates or awakens

the correlative concept (or feeling) of strength and power in the mind: e. g., the driving rod of an engine, the pillar of a temple, a beam, a wall, etc.

The curve stands for grace and beauty and produces them in the external world, and similarly causes the germane idea or feeling in the human sensorium.

ILLUSTRATIONS.

Man shows more straight lines in his physical constitution than woman, and hence stands for virility, strength and independence. Woman, on the contrary, exhibits more curves in the outlines of her body, and, therefore, is the highest symbol of beauty, grace and dependence.

If any given form is composed entirely of straight lines with no associated curves, it would appear stern, severe, more or less unattractive and repellent, but exceedingly strong. On the contrary, all curves and no straight lines would be the acme of grace and beauty, but exceedingly weak. And this latter combination, strangely enough, is both the symbol and the principle of evil. The snake is the only creature in nature which has all curves and no straight lines, and this is the profound reason for the startling and striking fact that this creature figures in all of earth's religions (think of it! in all!) as the symbol of evil, of "satan," of that which is "the adversary" to all that is straight, wholesome and true. Evil is beauty subverted. Hence its seductive, peculiarly seductive force, a force in the world which some philosophical and religious sects worshiped. Herein lies its deep kinship to the sex-passion, and the explanation of its ancient symbolism in that whole realm of phallicism and pathic perversion.

The curve, I have said, stands for both beauty and evil, and evil is ugliness. Is there a contradiction? No. It is the principle of evil when it stands *alone*, unsupported by straightness; but when associated with the straight line it becomes a thing of beauty and, because attached to a thing of strength, it also becomes in this combination "a joy forever."

OTHER ILLUSTRATIONS.

This significance of the straight line and curve which constitutes the fundamental and dynamic analysis of "personal magnetism" (of which we hear so much in these "mystic" days of ours) is clearly seen, also, in other quarters of the realm of the physical, in the bodily

life and actions of people. For example: The attraction or compelling force which some persons exert over us is not always identical with physical beauty either of face or form. I have known some young ladies of striking beauty to be very insipid intellectually, dull and unattractive socially. On the other hand, I have seen others who were not the possessors of Venus figures nor Madonna faces who, nevertheless, were perfectly fascinating in personality and effect, always the center of admiring groups in social gatherings, where the aforesaid "beauties" would be equivalent to mere wall decorations, to be gazed at for a moment or two, and then passed by.

To what principle would you attribute this fascination of the non-beautiful? If you carefully and thoughtfully watch the next case of it you meet you will find it lies in the principle and power of the curve. Their gestures, large and small, their every turn of head and movement of body, arm and finger, bespeak the curve of beauty—silent, subtle, compelling. Why, the way one of these fascinating creatures carries a common glass of water to her lips, in curves of grace and beauty, captivates a man, and makes him truly feel, as a young man recently remarked who was under the "spell," that he would like to be in the favored glass himself when it at last reaches its labial destination. But if you and I, my brother man, should reach for that glass of water as it stood on the table before us, we would *grab it!* No curves for us! Oh, no! We would take and make the "bee line" for it, the straight line, which is the shortest distance between two points. And in this movement or gesture of ours we would show not grace and beauty, but strength, vigor, virility, power, command, and so impress all who saw us in the instinctive movement.

The knowledge of this law, of the cause of the feeling of beauty, does not destroy our appreciation of it, nor lessen its influence over us. Not at all; it simply gives us an intelligent understanding of our own emotions and motives, and how close they lie, in the final analysis, to the ultimate and simple elements of Nature, the line and the curve, of which all forms are composed, all motions constituted, no matter how complex they are.

SPEECH AND ORATORY.

I heard a famous platform lecturer. The mellifluous sentences, carefully rounded periods and symmetrical paragraphs were so sinuous and insinuating, the gestures so studied, graceful and sylph-like as to charm the senses of sight and sound and send the soul to

sensuous slumber. But there was no strength of thought, no directness of appeal, no vim, vigor nor virility. I longed for bluntness, for a blow, for power, for pluck, for a push. I was soothed, but not strengthened, charmed but not stirred, hypnotized but not magnetized. Today I remember the pleasing impressions but not a single thought of that whole evening's performance.

Let us now lift this curve-line law still higher from the physical plane where we first observed it at work, to the

MENTAL AND ETHICAL.

where we wish, ultimately, to apply and practice it. And the question we ask here is:

First—What is the straight line of mental and ethical form? We answer at once *honesty, earnestness, sincerity*. This lies deep and is, therefore, a universally self-assertive principle. In popular colloquialisms it crops up. We often hear people say of a certain man, "He is straight," by which they mean that he is absolutely honest and true in his business deals. When a man gains such a reputation he becomes an influence for strength in any community—a pillar of power; men rely on him, lean on his word, believe in him, are energized and strengthened by his example, character and own inner strength. It is all the power of the straight line manifesting itself.

(The laws of physics, you observe, become the laws of psychics. The straight line of physical dynamics is the straight line also of mental and ethical dynamics. Man is continually and instinctively describing laws of mind in terms of matter, thus again demonstrating their profound correlation and teleological harmony.)

Second—What is the curve-line of mental and ethical life? It is the "dodge," the compromise, which is always a departure from the straight line of honesty and integrity, and always introduces an element of weakness—the trace and twist of the serpent.

The business man makes compromises with strictly honest principles for the sake of some immediate gain—(he feels the weakness, the "tempter," "satan," the adversary); the man in political life makes compromises so as not to displease his political boss—(weakness, and the politician himself feels it); the woman in the social current makes compromises so as to keep in touch with her social "leader"—(again the curve of weakness); and even the man in the pulpit makes compromises in his statements, dodges the whole truth, fails to preach it *all* lest he displease, forsooth, some rich or "influ-

ential" parishioner seated in the front pew; and so on throughout all the avenues of life. It is all the weakness of one thing—the curve. Men consider it "smart," however, to so dodge; they call it "shrewd," "business," "politic"; but it really introduces weakness into the temple both of individual and public character, and some day when the strain is severe, the temple may crumble and crash, and when it does it will do it at those very points where the subtle curves were found.

JESUS OF NAZARETH.

A man of absolute honesty would be a center of terrific and everlasting force (or magnetism) in the world. He would be an iconoclast crushing, like a rod of steel, everything of weakness or evil that would happen to get before him.

Was there ever such a man? I believe there was, namely, Jesus of Nazareth. His absolute earnestness could not brook the curves of contemporary hypocrisy, and so heroically unmasked them; his perfect sincerity could not tolerate the serpents in the soul of the Pharisee, and so mercilessly dragged them out into the light; his unswerving honesty could not endure the deceptions in high places, and so forced the final issue. This quality in him was heroic, his sincerity supreme.

This is the fundamental rationale of the marvelous influence his name and spirit have exerted in the world. He attracts men to him. Men feel his strength and trust in it. His is the most magnetic personality that ever lived.

But suppose, for one moment, that men should doubt his earnestness, honesty and sincerity! Suppose that they should suspect that he secretly possessed the very curves, compromises and cowardlinesses which he pitied and condemned in others! His *power, attraction* and marvelous *magnetism* would then instantly cease. The man who wishes to destroy Christianity would simply have to prove—if he could—the insincerity of Jesus. But it is a curious fact in history that every attempt to do this has resulted in more firmly establishing the diametrically opposite thesis, namely, his honesty, sincerity and unimpeachable earnestness. He stands there in history the one moral straight line, "without variableness or shadow of turning." Is it any wonder, then, that He was a Master of Mind! and could read the minds of men?

(Our space is exhausted. We will have to abruptly break off at this point, and continue the same subject in the next issue.)

A PRAYER

By AMY NICKERSON, Elko, Mo.

Written for "SUGGESTION."



Amy Nickerson

TEACH me to read the
lines aright
That mar the beauty of a
face;
If there I read an early
blight,
To read it with a kindred
grace.

Yea! Teach me how to
understand
The sorrows of another's
heart,
And knowledge how to
lend a hand,
Nor play the patron help-
er's part.

Help me to keep my heart
beats strong
With faith and human sym-
pathy,
Nor to condemn my sex
of wrong,
But to sustain them loyally.

To live my life, from day to day,
And live it as I ought, and when
The gloaming gold grows gray
To sleep in rest and peace. Amen!



Progressive New Thought



THIS department will be conducted in the interests of the widespread movement known as New Thought. The editor was the former publisher and editor of *The New Thought* journal of Melrose, Mass., and manager of the New Thought Publishing Co. of that city. The department will be conducted on the same progressive principles, its object being to help all who are seeking light in the direction of health, happiness, success and goodness. We hope to see many of our old friends as subscribers to *SUGGESTION*. All communications intended for the department should be addressed to the editor, M. J. CLARKSON, San Diego, Cal.

A Right Understanding of New Thought Principles.

THE SEEKER after health is generally the one to be attracted to the study of its principles, because, as all seek happiness, and there is no real happiness without health, the individual is naturally drawn to that which he thinks will bring about this desired result. It is true there may be peace, and what many term spiritual joy, without health, but happiness, full and overflowing, means vigor, elasticity and buoyant spirits; it means the ability to lead the life that gives greatest satisfaction to the individual. Multitudes run after patent nostrums, doctors, health resorts, everything and anything that promises to give relief, where health is lacking. Those who go to healers, who promise much and perform little or nothing, often turn away from the New Thought because they do not, in the least, understand its principles, or know how it can bring about the desired results. To all such a few words of explanation may be acceptable and even useful. First of all, there needs to be a settled conviction in the mind, of certain truths, or there can be no lasting results for good. The wise teacher will impress upon the mind of his pupil, at the start, the necessity of cultivating a belief in an all-good and beneficent order of the universe.

With this fundamental principle implanted firmly in the mind, there follows a sense of peace and rest which, in itself, conduces to health. The American disease known as neurasthenia, a term applied to almost all sickness now, by the medical fraternity, is at once overcome by the realization of peace and restfulness of mind. The next step is the understanding that the individual is one with, and inseparable from, this all-encircling good, and that by the realization of this


fact he correlates to himself what properly belongs to him because of his association with this high and mighty realm of being. Could sickness have any place in this divine order? Does infinite goodness know aught of disorderly conditions, weakness or pain? How glibly thousands of people have quoted the words of Jesus, "Be ye perfect, even as your Father in Heaven is perfect," without the slightest comprehension of what that term might mean to a deeply philosophical mind. Ministers of the gospel constantly try to impress upon their hearers the necessity of following the precepts of Christ, and yet scoff at the idea that such advice as this could be literally followed. In this way they make utterly void the precepts of the Master. We may say, then, that the first fundamental truths taught in the cult known as the New Thought, are the possibility of reaching this desirable state of perfection, and the necessity of understanding fully the nature of man as one with the Infinite. We cannot too often emphasize these great truths. They cannot be "*writ too large*," for man is slow indeed to comprehend them. The fact is, we need more individuals to so live out these precepts that the world will be forced to see and understand them. And herein is a hope that sings joyfully in the breast of every one who has demonstrated truths taught by this cult. In the early days of my work I took a motto for my journal which has ever been a mighty truth to me, viz., that "Demonstration is better than doctrine." But let demonstration and doctrine go hand in hand, and the world will soon fall into line. Men are quick to seize what they find to be really helpful and trustworthy. But after all that may be said, the work is an individual one, and each soul has to find for himself the truth he seeks. No amount of preaching, or teaching, can save. Suggestion prompts to investigation, but it can do little more. The life itself corroborates the spoken word and gives the seeker confidence. It is in this way that the truth spreads. The great trouble with the majority of seekers, and their failure to make a success in following the New Thought, is the tendency to gauge the principles of the cult, by the very unsatisfactory results achieved by those who have set themselves up as leaders, or teachers, in this movement. This is most unfortunate for those who allow themselves to be so influenced, for they are losing so much in their mistaken way of seeing things. They are beholding the negative side of truth, instead of the positive. The fact that others have failed to demonstrate, does not make the truth any the less true, and possibly, if they would wait before passing judgment, they might see another side to this question. Some have fallen in the way, discouraged, or overcome by the power

of race thought and negative suggestion, but there are those who have steadfastly followed the light of the wonderful dawn of truth, as shown in the New Thought, who have never doubted or wavered, in spite of all discouragements; if they have fallen they have quickly picked themselves up and gone their way to greater victories. There are those in the world today whose hidden lives are as wonderful as any Aladdin, with his magic lamp—men and women of powers of which the world as yet but idly dream. Should they attempt to tell of their prowess to the average person, or even the more credulous thinker, they would be labeled frauds at once. They wisely refrain, as yet, from casting their pearls where they will only be desecrated. Then, too, there are many who continue to teach others, who are very far yet from this realization, but parrot-like, give forth the utterances of the wise ones, and then deny their sayings by their very unsatisfactory lives. Such people get the results that the law undeviatingly brings, for insincerity is a coin which the world values, and its counterfeit is very soon discovered and repudiated. However, there are a number who fail, at times, and succeed at others, and should not be harshly judged by the mere onlooker. The best test of the truth of all these matters is to make an individual trial, and if the seeker is consistent and persevering he will soon find for himself, without having to depend upon heresay. Speaking personally, I would say that had I depended upon others to show the way, without seeking earnestly for myself, I should not be an advocate of the school of thought I endorse under the heading of this article, a belief which has been to me more than anything else the mind of man has ever had to offer. It has never disappointed me when I have been consistent to its principles. The life itself is the light. What can be demonstrated by actual reliance upon these principles, and by their practical application, will do more to enlighten the world and hasten the much-longed for millennium than any other method. Many have retired from the active field of work to take time to make the individual study and experiment that it has demanded, and I think I can safely say that it is difficult to get an adept in the progressive New Thought to take very great interest in public utterance. There needs to be considerable pressure brought to bear, to give the worker of miracles in this direction, the patience to waste his time in mere talk, when thought is so powerful, and so much more desirable a factor in his work. It is like using the stage coach when one might travel by the electrics, and even more rapid transit is already in sight. One can be very lenient with the scoffer, the unbeliever, when he knows he has that in his pos-

session which makes for independence and power. The time is not distant when the truth of thought transference will be as widely known as wireless telegraphy is today, and all slow moving devices will pass out of use. People who have pronounced the New Thought movement a failure are grossly ignorant of the wonders being daily and hourly accomplished by those who have been consistent to its principles, having intelligently mastered them and continued to apply them in thought, word and action. I shall be pleased to hear from some who are really in earnest, but with the *dilettanti* or curiosity seeker I have no sympathy. The New Thought will spread without any great effort of word or preaching, when once its real principle is comprehended, if the chaff of ignorance and selfishness fall away from it, so much the better for the movement. It certainly has come to stay, and to make itself felt more and more by every progressive mind, or honest seeker after truth.

I myself am good fortune.—Walt Whitman.

MY SYMPHONY

O LIVE content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable; and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, babes and sages, with open heart, to bear all cheerfully, do all bravely, await occasions, hurry never; in a word, to let the spiritual, unbidden and unconscious, grow up through the commonplace. —Wm. Henry Channing

Psychological Jottings

BY O. V. LA BAYTEAUX, PSYCHOLOGIST, READING, MICH.

Noise is not force—force is silent. Noise is but the expression of a spent energy.

* * *

The unexpressed thought is the most powerful force in working out its own mandates in actions.

* * *

Transplant a wild rose and it may be cultivated and cultured into a thing of beauty, and remain so as long as it is in association with the higher expression of mentality. But return it to the depths of the woods and it will soon degenerate to its natural wild state. The same is true of man, as per example of the dusky cannibal the church brought from the depths of Africa and gave the highest form of education possible, and then returned him to his own people to labor for the God of the church. The world knows the sequel. It is but proof of the law of association, demonstrating that but *one* law exists for the natural government of all materialized life, whether vegetable or animal. But it more forcibly demonstrates the power of mentality over natural order.

* * *

Study well the result of association. I have been making a special study of the effect of education and association among men on their countenance and general appearance. One instance, in particular, was one of the most homely, "mannish" looking and acting sprigs of feminine humanity I ever cast eyes on—the offspring of rough, uncultured parents, who thought education was a waste of time and money; she was coarse in voice and feature. On the death of the girl's father, her older brother, though denied even the rudiments of an education himself, was not slow to observe the ostracism of his sister by those who should have been her associates, and rightly placed the cause in her ignorance, and decided to give her as good an education as his means would permit. Four years in a graded school has hewn off the rough edges in manners; slovenly modes of attire

have given way to tidiness, and from her countenance is beginning to shine the light of intelligence that overshadows the uncouth features. So marvelous has been the change that she would not be recognized as the same person of five years ago—as, in truth, she is not.

* * *

As man's mentality may beautify the rose by culture, so may the same mentality beautify the countenance.

* * *

The mentality of the human race constructs and controls the very flora and fauna of the earth. All the ruling desires and needs of the masses work together in the production of the result. As fast as the members of the animal kingdom serve their purpose to the world's mentality they pass into skeletons in the sands of time, to be taken up and studied by the geologists of coming generations. Vultures, buffalo and deer are now on the verge of their exit. Swine and beasts of burden will soon follow. Vegetation has been grafted, crossed and cultured, until it is exclusive to the needs of this age only. Hence it does not behoove us to worry about the needs of our posterity. Their food, heat and light supply will come from sources built by their own mentality.

* * *

Disease is to the human body as a thunderstorm to the atmosphere—a natural result for the purpose of clarification. Fate, "luck," or "The hand of an avenging Providence" has nothing to do with it; it is the balancing of broken law.

* * *

With all the divisions and classifications man gives to mind, the fact remains that it is ALL ONE MENTAL FORCE that is manifesting—it may be by precept or concept, yet its origin is the same. We manifest it according to the development of our brain.

THE prophets we need are those who encourage all efforts and talk little about what cannot be done. The one who reaches for something with persistence may get something better than he thought, as Columbus discovered America though he set out for the East Indies.—A. C. Dolbear.

Life Culture

By HARRY GAZE, Boston, Mass.

The Coming Centenarians.

THERE is quite an army of centenarians in the United States, but scattered in various parts of the country, so that they appear to be very rare. Many of these are as well preserved as the average man of sixty, and some possess remarkable vitality, and even electricity. It must be admitted, however, that, on the whole, there is nothing exceptional in their appearance, as activity, to hold as an ideal. One must remember that the average centenarian has lived long by virtue of some special habits, often unconsciously practiced. On the other hand, he has lived long in spite of a number of injurious habits.

The ideal centenarian will be the man whose longevity is based upon life culture; whose mental and physical habits are in harmony with the highest known laws of nature. The writer recently heard two men discuss the question, "Is it best to live well or to live long?" The argument was becoming quite heated, until I suggested that one should aim both to live well and to live long.

The coming centenarian will not be a weakling compared with his less unfolded brethren, but will be superior in physical and mental activity to men of lesser years. Instead of looking back to his past youth so much, he will enjoy the present, and look forward to golden years of youth in the future. This is the striking difference between the ignorant centenarian of the present and the cultivated centenarian of the future. The former is a man with a past; the latter a man with a future.

The writer has seen and conversed with many centenarians, but has never experienced that peculiar awe that many profess to feel in the presence of a man who has lived "so awful long!" On the other hand, I am inclined to wonder why a man, who is such an infant compared with Methusaleh, should look so decrepit. *At the present day* there are individuals living old enough to be the great-grandfathers of centenarians. In seeking to live long, one should clear the mind of the thought that a centenarian is a *very old* man, or

woman. The great Russian scientist, who had fixed the limit of man's life at one hundred and forty, recently discovered an individual of nearly one hundred and eighty. Captain Diamond, of San Francisco, who looked but a little over fifty, was asked his age, a few years ago. He answered "Six years." "How do you figure that?" was the next question. "Why," he responded, "when I reached my hundredth birthday, for convenience and brevity, I commenced to count all over again!"

It will not be long before centenarian members of "Hundred-Year Clubs" will suggest a new name, or resign.

Try to be a centenarian, by all means, if the idea pleases you, but don't expect to arrive at the century milestone with Father Time's hour glass nearly run out, but come up smiling, with the joyousness, buoyancy, elasticity and usefulness of youthful manhood or womanhood.

CULTIVATE the attitude of universal love. This is the solvent which removes all difficulties, all fears, all apparently hostile conditions.—*Edward A. Pennock.*

* * *

ONLY thyself thyself canst harm.
Forget it not and full of peace
As if the south wind whispered warm,
Wait thou till storm and tumult cease. —*Celia Thaxter.*

* * *

WE are immortal now and here.
Chances and changes, night and day,
Are landmarks in the eternal way;
Our fear is all we have to fear. —*Alice Cary.*

* * *

THE stars come nightly to the sky,
The tidal wave unto the sea;
Nor time, nor space, nor deep, nor high,
Can keep my own away from me.—*John Burroughs.*



ANIMAL PSYCHOLOGY



IN this department will be published occasionally articles, clippings, contributions, etc., regarding psychic powers in the animal kingdom. Any one interested in animals is requested to send data for this department. Newspaper clippings narrating instances of intelligence, reasoning powers, devotion, etc., in animals will be gladly received.

Immortality of Animals

That animals have souls is taught in the scriptures although King James' translators have made every effort to deny the fact, all lovers of animals will be glad to read the following statement from Prof. Chas. L. Irus, A. M., M. D., of Yale:

"It seems a duty to call special attention to the no doubt well meant, but unjustifiable, efforts of King James' translators to make their version teach the doctrine that man has a soul which animals have not. The Hebrew word "nephesh" (soul) when referring to man, they were willing to translate literally; but when the same is used of animals, that fact they must by all means cover up by substituting some other word. We have seen that the Hebrew words, in Gen. ii:7, since it is applied to man, is given literally; but for the same Hebrew words, in Gen. i:20 and 30, where animals are spoken of, we have the English word "life."

Many persons who profess to believe the scriptures and live according to their teachings are guilty of causing suffering to our dumb friends; ministers have turned their cats out to starve when they left for a vacation and professors and physicians have been guilty of nameless cruelty in the practice of vivisection.

Vivisection means the cutting, and maiming of living things, in which the eyes, brains and hearts have been cut out for curiosity or for causal examination, etc.

Certainly if the doctrine of the immortality of animals is accepted from a scriptural standpoint, it will result in better treatment for the dumb creatures.

E. E. C.

Speech of Monkeys

It is generally supposed that Prof. Garner is the first man to study what has come to be called the speech of monkeys. As a matter of fact, the honor belongs to Sir Richard Burton, the famous orientalist, who translated the "Thousand and One Nights." Lady Burton tells in her biography of her distinguished husband that Sir Richard believed firmly in monkey speech, that he had forty apes continually with him for several years, and that he had written down a monkey vocabulary of sixty words. This vocabulary, unfortunately, was lost. Prof. Garner can make a strange monkey drink by saying a certain word, and with another word he can make it eat, and with another word he can frighten it. But Sir Richard Burton could do all these things, too. His vocabulary, furthermore, was larger than Prof. Garner's. Ernst Haeckel, the great German scientist, is in hearty sympathy with the study of the monkey language. He says he believes firmly that such language exists.

* * *

H. PARKISON of Portland, Oregon, sends an account from the *Oregon State Journal* of a Portland destructive fire which destroyed a large amount of property and in which nine persons lost their lives. In the account is found this item:

* * *

DOG AWAKENS MASTER BY LICKING HIS FACE.

"Toogles," a dog owned by C. B. Woodworth of the Phoenix Fuel company, is one of the heroes of the morning's fire and to his display of almost human intelligence two employes of the company and several inmates of the Arcade lodging-house owe their escape from cremation alive in the caldron of flames. The dog discovered the fire before any one else and awakened Charles Taylor and Lew Wilson by licking their faces. They escaped from their room in the rear of the Phoenix Fuel company's office just in time to prevent being caught in the flames. These two men getting out assisted several persons to escape from the Arcade lodging-house.

"I and my companion, Lew Wilson," said Charles Taylor, "were sound asleep in our room when I felt the dog up on the bed licking my face and pawing at the bedclothes. I raised up to knock him off the bed and discovered that the flames were breaking into our room."

Mr. Woodworth says that money couldn't buy his dog now.

* * *

In a New York dispatch to the *Chicago Tribune* it is stated that among those on the steamship *Columbia*, in a recent voyage from Glasgow, after a severe voyage, were Andrew Macdonald and his wife Mary. Their 4-year old daughter Mary died on the voyage and was

buried at sea. The father, a Highlander, was bringing the girl to this country for the benefit of the sea voyage. Mary insisted that her two collie dogs, Daisy and Ben, be taken with them, and this was done.

Mary, who had been ill for some time, died from sea sickness during the voyage and both the animals seemed to know something had happened. Later it was decided to bury the little body. It was brought out on deck by two of the seamen and while a few passengers and two of the ship's officers stood bareheaded, it slid over the ship's rail. Because of the child's love for Daisy and Ben, the two dogs, had been brought up on deck while the body was being committed to the sea.

As the child's body was lifted to the rail and slid overboard, Daisy broke from the man who held her and leaped overboard after the body of her little playmate. The last seen of the faithful collie she was swimming about over the spot where little Mary's body had gone to its last resting place.

* * *

ANIMAL PSYCHOLOGY

A troop of big rats, some as large as cats, recently scurried up one of the gangways in a big colliery near Wilkesbarre, Pa., squealing an alarm which the mine workers promptly heeded. Taking time only to gather their tools together, they hurried out of the workings after the rats. A short time afterward that portion of the mine fell in. It was another case of the lives of many mine workers being saved by the mine rats, and it explains why the mine workers never kill these rats, but instead make pets of them, feed them with dainties and encourage them to remain in the workings.

Rats desert a sinking ship and they also flee from a mine when danger such as sudden flood or a cave-in threatens, and there are instances, it is said, when they have fled before an explosion occurred. This, however, is due, mining experts say, not to any subconscious warning that there will be an explosion, but to the presence of such a large body of gas or foul air in the workings that the rats seek fresher air, and it is only by accident then that an explosion follows.—*Chicago Record-Herald*.

HAVE thy tools ready—
God will find thee work.—*Charles Kingsley*.

* * *

TO know that one *has the nature to be good, and the power to show it, and the will to let it be seen*, is to be able to build the noblest and truest kind of a character.—*Helen Van Anderson*.

OSTEOPATHY

By C. W. YOUNG, D. O., St. Paul Minn.

C. W. Young, D. O., editor of this department, will furnish the readers of SUGGESTION a series of articles dealing with Osteopathy, which is now recognized as one of the divisions of the Natural Systems of Therapeutics, which includes Osteopathy, Suggestive Therapeutics, Dietetics, Hydropathy, Physical Culture, etc. Dr. Young is a well known writer on Health and Hygiene, and he advocates a rational use of all systems of drugless healing. All communications for this department should be addressed to C. W. Young, D. O., 801 Ernst building, St. Paul, Minn.—Editor.

Among the foremost exponents of drugless healing are the osteopathic physicians. Our founder is Dr. Andrew Tayler Still, who discovered the underlying truths of our science in 1874. He had been a drug practitioner of the old school and, during the rebellion, he was an army surgeon, but observation and experience convinced him that drugs are a failure. In his autobiography (pp. 97 and 100) he states: "Not until I had been tried by fire did I cut loose from that stupidity—drugs. Not until my heart had been torn and lacerated with grief and affliction, could I fully realize the inefficacy of drugs. Some say that it was necessary that I should suffer in order that good might come, but I feel that my grief came through gross ignorance on the part of the medical profession. * * * It was when I stood gazing upon three members of my family—two of my own children and one adopted child—all dead from the disease spinal meningitis—that I propounded to myself the serious question, 'In sickness has not God left man in a world of guessing? Guess what is the matter? What to give, and guess the result? And when dead, guess where he goes?' I decided then that God was not a guessing God, but a God of truth.

"And all His works, spiritual and material, are harmonious. His law of animal life was absolute. So wise a God had certainly placed the remedy within the material house in which the spirit of life dwells.

"With this thought I trimmed my sail and launched my craft as an explorer. Like Columbus, I found driftwood upon the surface. I noticed the course of the wind, whence they came, and steered my vessel accordingly. Soon I saw the green islands of health all over the seas of reason. Ever since then I have watched for the driftwood and course of the wind, and I have never failed to find the source whence the drifting came.

"Believing that a loving, intelligent Maker of man had deposited in this body some place, or through the whole system, drugs in abundance to cure all infirmities, on every voyage of exploration I have been able to bring back a cargo of indisputable truths; that all the remedies necessary to health exist in the human body. They can be administered by adjusting the body in such condition that the remedies may naturally associate themselves together, hear the cries and relieve the afflicted.

"I have never failed to find all remedies in plain view on the front shelves of the store of the Infinite."

From the above quotation we can see the man of far-reaching imagination able to picture in his mind truths lying in the great mountain ranges of the Unknown. Future generations will herald him as having mined out as valuable ore of truth as any one man since the dawn of creation. In the spring of 1864 he completely lost faith in drugs. After that he watched the driftwood and the course of the wind. At last, on the 22d day of June, 1874, at 10 a. m., his eye saw for the first time a new continent of truth. Then it was that like a flash came a realization of the fundamental ideas, upon which is based the science of osteopathy, and that is that "a disturbed artery marked the beginning, to an hour and a minute, when disease began to sow its seeds of destruction in the human body." He characterizes the artery as "the father of the rivers of life, health and ease, and its muddy or impure water is, first of all, disease." He asserts that the fluids of the body are affected by the limited or excited action of the nerves; that fever, rheumatism, diphtheria, etc., on to the end of the list of diseases, do not exist as diseases, but are the effects of the disturbed artery, and that this disturbance is caused by anatomical abnormalities, bringing pressure on blood vessels and nerves that control the flow of blood.

The story of Dr. Still's struggles to break away from drug-medication, and build up and elaborate an independent system, would read like a volume of romance. As a practitioner of the Old School he made a comfortable income for himself and family and saved up money for a rainy day. As an explorer in a new field he lost all he had saved, while his family had a hand-to-hand struggle for the necessities of life. Men shunned him. Children were afraid to meet him. Nearly everybody considered him a crazy old crank. But courage and perseverance finally conquered, and now the old doctor re-

ceives as much honor and respect, from those who know him, as any other man in this broad world of ours.

Those who would like to read a fuller account of Dr. Still's career may find it in Booth's History of Osteopathy, from which some of the data for this article has been obtained.

Osteopathy was worked out on the plains of Kansas and Missouri, next to nature's heart. The founder has already lived eight years beyond his three score and ten. He is a lover of nature. He lives the simple life. Few great teachers ever had such universal regard and respect from their pupils and adherents. But he deserves it all, not so much by reason of his transcendent genius, as by reason of his warm sympathy for humanity and his love for his race.

The men of our country, who have secured wealth and power by selfish means, and by violating the rights of the weak and unwary, are envied and hated. But the man who suffered privation for the good of the race enjoys the honor and love gladly bestowed by many thousands. At the convention of the American Osteopathic Association at Denver, last year, Dr. Still said: "A great many people pity the old doctor for the trials he has had to bear. But I have had more fun than a negro at a baptizing. When I die I don't want any of you to shed tears because of my early hardships. I have enjoyed life in the past and am enjoying life at the present to the fullest extent." He spoke with evident conviction, making plain the truth that he who would save his life must lose it.

In the next article for this department the writer will endeavor to answer the question, "What Is Osteopathy?"

OPPORTUNITY

Send forth your heart's desire and work and wait—
The opportunities of life are brought
To our own doors, not by capricious fate,
But by the strong compelling force of thought.

—Ella Wheeler Wilcox.

Our Exchange Table

Free Speech

Rev. Benjamin Fay Hills, a well known minister who has preached in many of the largest cities, and who is now preaching to large congregations in Los Angeles, Calif., and who is the editor of a monthly magazine called "Fellowship;" a recent issue of this magazine contains an editorial by Mr. Mills as follows:

AMERICAN RUSSIANISM.

Moses Harmon, seventy-five years of age, editor of "Lucifer, the Light Bearer," a fortnightly paper of Chicago, was, on March 1st, taken to the Illinois State Prison, to be incarcerated for a year, on the charge of using the mails for immoral purposes.

He is a man of pure life, benevolent practice and rare consecration to his ideals and principles. His only offense is that he permits a free but chaste discussion of questions pertaining to sex and marriage. Some of the articles would be approved by every intelligent, pure-minded person. Some of them advocate theories that would not be generally accepted by people of conventional morality. None of them contain any sensual or prurient words or expressions, or even hints.

Arbitrary judgment was pronounced by an underling official of the Post Office Department, who confiscated whole editions of the paper, and a judge was found who sentenced this patriarchal reformer. When the officer took him to the penitentiary, accompanied by his daughter and a friend, the authorities could scarcely believe he was a convict, and asked the party what they wanted at the prison.

This would all be ridiculous if it were not so outrageous. It is un-American, undemocratic, unprogressive, reactionary, desperate and inhuman.

To send Moses Harmon to prison for advocating theories he honestly believes would add to the physical, mental and moral development of the race, even if he were the only man on earth who so believed, and then to allow the mails to be used for carrying all sorts of open and subtle appeals to sensuality, as well as to carry the

swindling pronunciamientos of the kings of greed and graft, is both absurd and infamous.

An appeal to the President for pardon is being circulated, which we will cheerfully sign, but the correction of the evil must go farther than that.

RELEASE THIS OLD MAN QUICKLY, and then let the President's heavy hand remove all the officials in any way responsible for this modern inquisition!

No privilege of the modern man is so necessary as that of free speech and a free press.

Man's Relation to the Infinite

As microscopic inhabitants of this miniature ball, called "earth," we feel now and then, in places, slight vibrations, due to perfectly natural causes, and are filled with terror. Did you ever watch the evidence of consternation in a colony of insects set up by a slight mechanical disturbance, either accidental or intentional? And did you ever wonder whether these intelligent little creatures do not reason on the phenomena observed and conclude that some Great Power above them—as it appeared to their restricted knowledge a very God—was dealing out retribution for the errors in social life with which they might be self-charged? Of course you have, and then smiled at their foolish innocence. Ah, be sure, my reader, that the Intelligences above us in rank—and doubtless there are many of them—look upon our equally amusing consternation and also smile. What matters it whether the little ant die an hour or two sooner than he would die if left to the action of disorder, incident to insect life, or to senility and inanition? Place the ant under the microscope and he becomes a mammoth beast in comparison with the still smaller insects near him, or even upon him, that the glass reveals. Life declines in objective dimensions in one direction and increases in another ad infinitum, from which we learn that *our importance is but relative. Size cuts no figure.* We cannot say in what part of the scale of dimensions we belong.

But we forget that all is life, and that life only, as we sense it, conforms to the dimensions of time and space; that our sense life is but a form of expression adopted by mind and spirit in order to accommodate our present degree of advancement and make things

intelligible. WE ATTACH TOO GREAT IMPORTANCE TO THE PRESENT PHASE OF BEING. THERE IS NOTHING TO FEAR. Suffering, no matter how galling, is but for the moment, and it will soon be forgotten, as has been the thousand griefs of our infancy. Yet it has a bearing upon our development and the rapidity of our advancement. The Infinite Intelligence knows that these things which we account so great, for weal or woe, are of small moment. They have no such ethical content as we fancy. We cannot be lost, for we are one with Infinity. We can suffer only as Infinity suffers with us. Should we fall it would be only to an advanced plane of cellular environment and growth. THERE IS NO DEATH, but life moves forever onwards in endless cycles.

Then, like wise men and women, let us lay aside childish notions of retribution, of an avenging Deity, of an anthropomorphic God, and live as units of a perfect whole.—*Dr. Sheldon Leavitt in Thoughts.*

Psychology of Childhood

BY W. C. OWEN, DENVER, COL.

A little girl, fourteen years of age, in a moment of despondency and discouragement, put an end to her own life, because her teacher rebuked and expelled her from school as incorrigible.

She was heard to remark: "It's just when I don't mean to do wrong that I bump right into trouble." Intelligent, impulsive, motherless, and acting a mother to three little brothers, were her only faults. What might have been the result had the teacher taken this little girl tenderly in her arms, confidently, and in words of love, spoken of her shortcomings. Let no blame, however, rest upon the teacher; we all would have done the same.

We are living in a cool, calculating, systematic business age, wherein no attention is paid to the sensitiveness of children nor the finer emotions of adults. We make no allowance for the natural mischievousness of children. We seek to curb it by punishment, rather than appeal to their sympathy and inborn tenderness of heart. Children live close to the angels, therefore, their tenderness of heart flows free and untrammelled from the never-ending fountains of love.

HE who makes too much or too little of himself has a false measure for everything.—*Lavater.*

HYGIENE

The Teeth and Their Care

The Teeth and Their Care. By Thaddeus P. Hyatt, D. D. S., 44 Court Street, Brooklyn, N. Y. Published by the King Press, Brooklyn. In this dainty clothbound book (price mailed, 55 cents), Dr. Hyatt has given some of the most important directions regarding the care of the teeth. If the simple directions given in this book regarding the care of the teeth, were followed, many dentists would have to go out of business. One very important item in the care of the teeth has been entirely overlooked by Dr. Hyatt, as well as by all who write on dental hygiene. Teeth need to be exercised to preserve the health; the only way to exercise teeth is to use them in chewing food.

To chew food, we must use food which can be chewed. Soft, sloppy foods, stews, puddings, pies, mushes, soups, etc., cannot be masticated; the use of such foods gives the teeth no exercise; and teeth, like other organs, deteriorate when they are not used sufficiently.

Nine-tenths of the food of the American people today is so prepared that it cannot be masticated, and dentists all declare that we are rapidly becoming a toothless race. Sound teeth have been found in the skulls of savages, after a lapse of a hundred years; these teeth resisted decay for this period because they had been used to masticate natural foods, such as roots, herbs, bark, nuts, etc. If you would preserve your teeth, use them first and keep them clean afterwards. As a matter of fact, mastication was a lost art until it was rediscovered by Fletcher.

E. E. C.

DIVING, and finding no pearls in the sea,
Blame not the ocean, the fault is in thee.

—*Persian Proverb.*

Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boll them down. Open to all.—EDITOR SUGGESTION.

American Medical Union

Independent physicians have organized the American Medical Union for the express purpose of overthrowing the medical trust. Our motto is, *fraternity, freedom, progress*. Believing that justice is essential to fraternity and freedom, a *sine qua non* to progress, it is our purpose to secure a radical revision of the medical laws, and to abolish the boards assuming to be our masters and the guardians of our patrons. They pretend they aim to protect the people from quacks, but their own methods smack of the Inquisition. The following from the constitution will give an idea of the A. M. U.:

ARTICLE II—OBJECTS.

The objects of this organization are: First, to promote fraternal sympathy and practical coöperation among physicians of all schools with a view to general progress in medicine. Second, to protect the natural and legal rights of its members from oppressive and unjust statutes in the various states, and to secure the repeal of all medical statutes based on the principles of despotic paternalism, and secure the enactment of laws which shall be liberal and just, and, therefore, in accord with the fundamental principles of our republic.

ARTICLE III—MEMBERSHIP.

Members of this Union are of two classes. 1. Physicians in good standing and in regular practice, or who are qualified and desire to begin the practice of medicine. 2. Students of medicine or other persons of good character, who sympathize with the object of the Union, may become associate members.

ARTICLE IV—FEES AND DUES.

The entrance fee to all members is \$1, and yearly dues \$1, which shall be paid yearly in advance.

The board of officers represents the four schools of drug-giving doctors and the osteopaths. The membership includes physicians of all schools and the people at large. It has a respectable membership

in each state, and the list is growing rapidly. Among its charter members are over forty professors in the leading medical colleges of Chicago. This fact gave it standing at once.

Those readers who desire further information are invited to correspond with,

T. A. BLAND, Sec'y A. M. U.,
231 Hoyne Avenue, Chicago, Ill.

H. R. YAGER, Gentry, Mo.:

No man is better than his thoughts; as a man thinketh in his heart so is he.

* * *

By B. H. VAIL, Omaha, Neb.:

A few suggestions on the article in the February number on "Disastrous Newspaper Suggestions." The article is too true and should be answered with the best suggestions its readers can give.

The system under which we live is the cause. As long as the dollar is greater than the man this system will exist. Destroy this system, and build on it ruins Co-operative Commonwealth, and we will have solved the problem. The Editors of the great dailies are but following out the materialistic conception of history: a principle discovered by that great economist, Karl Marx. The Socialist philosophy in my estimation is the only science that offers a practical suggestion.

The rot in the dailies has become so disgusting I don't read any but the headings. The weeklies, and magazines, are the only periodicals that should be allowed to enter the household, and some of them should be censored. Our public schools are contaminated with this same system. As I write I have a bugle calling the Cadets at the High School into life for the purpose of teaching them the most proficient way to commit murder, and they call this civilization.

Statistics show that over one-fifth of all the children of the United States are having their lives ground out in the shops and factories, to make profits for an idle class, that they may roll in wealth and debauchery, while the other four-fifths have their heads crammed full of nonsense and false theories. Our schools should be on the kindergarten or industrial plan, from the time the child enters until it leaves the school. Then they know what vocation in life they are each fitted for, and they go out into the world and make life a success. Cut the daily papers out of the homes and the advertising patronage will cease, and in this way they will be forced to print news, in place of sensation.

* * *

B. F. HART, M. D., Seattle, Wash., in a very interesting communication regarding the evil tendencies of criminal reports in the daily press, uses this language:

"SUGGESTION has taken up a most important subject; agitation, agitation is the remedy. The people need the matter presented to them continually from various standpoints, which eventually will tell for good. By all means freedom came to five millions of slaves in an unprecedentedly short time. It is the way all great achievements have been wrought. Other periodicals will fall into line, preachers, female societies, teachers, and all benevolent persons, will do likewise. And thus, from a little beginning, the stream in a short while will have swollen into an irresistible flood, giving the reform."

A. F. HILL, 13 Isabella St., Boston, Mass.:

Please expose the evil effects of capital punishment if you take that view on this subject. We have four bills against capital punishment before our legislature. Please call the best writers to aid you on this subject.

* * *

By JAS. HELMER, Wenatchee, Wash.:

O haste the time, when occult thought
Shall wend its way from deep oblivion's store;
And set aright that we our souls may know
And find the place once had, in days of yore.

O, faith and love, shed out thy beams of light,
And to our passive mind, thy wonders show;
"Lead Thou me on"—in unison we bow,
That we may better of thy meaning know.

* * *

A. O. SODERBURG, Syracuse, N. Y.:

Flowers are embodiments of sweetness and purity,
And man should learn the lessons they teach.

* * *

By M. A. KELLEY, Oxford, Fla.:

...We all sail in the same ship and all should aid in making a successful voyage.

...Smiles are sunshine, and cheerfulness the noon-day.

...Kindly humor is the blossom of the intellect.

...Smiles are like both dust and diamonds; they cost nothing but are worth much.

...Get up, look up, work up, climb up. Your higher nature seeks to soar like the eagle. Why then should you creep like the serpent?

...To be good and to do good: this is the whole duty of man.

...Noble character is the greatest thing in this world.

* * *

A. Z. HOLMES, Los Angeles, Calif.:

It is not so much what we do, as what we think that brings results—I will not put up with this any longer; I will neither endure nor be resigned as I have been; I will think what I wish to be. Do this and you have placed yourself in the action of another power, which will gradually bear you away from the old source of illness and misfortune.

The thoughts of today, if potent enough, must become the acts of tomorrow. What is the dominant thought which is always at the back of your mind; note the phrase, "At the Back of Your Mind." That thought is SLOWLY BUT SURELY BUILDING YOU and manifesting in your everyday life. Ponder on this idea.

* * *

ALLIE LINDSAY LYNCH, Chicago, Ill.:

It may shock the mother who thoughtlessly hunts through her husband's pocket for change or letters, and says to the child: "Don't tell papa," to be told she has suggested lying and theft to the child-mind.

The mother who scolds and lashes is calling out deception, as well as depriving herself of the child's strong sweet love.

Home must be pleasant—made so by mother—if boys and girls prefer it to the outside perils.

It is wise through life to refrain from harshness; friends are easier won and retained. Hold yourself well in check.



REVIEW NOTES



Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

Bargains in Books

We find on taking stock that we have a number of second-hand books on our shelves; these books are in good condition, being only slightly shelf worn. There are only a few copies of each. In sending an order, please specify your second and third choice in case the book you wish has been sold:

4 copies—	<i>Osteopathy</i> —Dr. Barber—standard edition—regu-	
	price \$5.00	\$3.00
20 copies—	<i>Marriage, Motherhood, Health and Hygiene</i> —Dr.	
	Greer—paper bound	1.50
150 copies—	<i>A Course in Magnetic Healing</i> —Prof. Gustavus Du	
	Bois—55 pages—paper25
100 copies—	<i>True Metaphysical Science and Its Practical Appli-</i>	
	<i>cation Through the Law of Suggestion</i> —F. W.	
	Southworth, M. D.—60 pages—paper25
3 copies—	<i>Child Culture</i> —Newton N. Riddell—129 pages—	
	cloth25
2 copies—	<i>Psychic Life and Laws</i> —Dr. Chas. O. Sahler—219	
	pages—cloth—regular price \$1.50	1.00
2 copies—	<i>The Majesty of Sex</i> —Nancy McKay Gordon—185	
	pages—cloth50
4 copies—	<i>More Light</i> —Dr. J. R. Bailey—139 pages—cloth ..	.50
73 copies—	<i>Osteopathy, Hydropathy and Hygiene (Osteopathy</i>	
	<i>in a Nutshell)</i> —Dr. Matthay—82 pages—paper,	
	20c; cloth25
60 copies—	<i>Hypnotism Up to Date</i> —Sydney Flower—161 pages	.12
5 copies—	<i>How to Train Children and Parents</i> —Elizabeth	
	Towne—32 pages—paper10
3 copies—	<i>How to Read People's Minds</i> —H. J. Burlingame—	
	48 pages—paper—this book explains "muscle"	
	reading10

- 11 copies—*Spookland*—T. S. Henry (A. R. I. B. A.)—74 pages
—paper25
- 3 copies—*A Physician in the House*—J. H. Greer, M. D.—
844 pages—cloth—worth \$5.00..... 1.50
- 12 copies—*Suggestion the Secret of Sex*—Taber—paper..... .20
- 7 back numbers of SUGGESTION will be sent for..... .25
(Foreign, 50 cents.)

With any order for the above books amounting to \$1.00 or more, a subscription to SUGGESTION may be included for 50 cents additional; foreign, except Canada, Cuba and Mexico, 4 shillings additional.

Send all orders to SUGGESTION PUBLISHING Co., 4020 Drexel Blvd., Chicago.

* * *

A dainty little gift book is published by the Open Court Publishing Company, Chicago, called, "My Little Book of Prayer," by Muriel Strode, a woman who has learned to think for herself. Any one struggling to escape from the commonplace and weariness of life will welcome this booklet as the flowers welcome the dew. The book consists of a number of short sentences, expressing a conception of life and duty that shows the touch of a master spirit. It is questionable if Epictetus, or Marcus Aurelius, or Solomon ever wrote anything more expressive than this:

"I prayed for death, but now I know I should have prayed only that I might die to the things that inspired that desire."

Here are a few selections from the book that show the viewpoint of the author:

"If the populace marched in file, 'twere my signal to break from the ranks."

* * *

"If a thousand generations did thus and so, 'twere my cue to do otherwise."

* * *

"I would travel in all climes that I might return and tell you of the beauty of my own little garden plot."

* * *

"I searched up and down the earth—and found it in my own soul."

* * *

"I implored heaven and hell—and the field daisies answered me."

"I begged to escape from suffering; I prayed God to save my soul from sin. Today I stand aghast at the thing I should have been had my prayer been heard."

* * *

"The Aeolian must be in your breast, else the winds are in vain."

* * *

"Better than tiaras—the diadem of freedom."

* * *

"Better than broad acres—a garden of heartsease."

* * *

"I may not overcome the inevitable, but, O! it is mine to see that the inevitable does not overcome me."

* * *

"I prayed for deliverance, and to prove the efficacy of prayer I became my own deliverer."

* * *

"Give me that toiler's joy who has seen the sunlight burst on the distant turrets in the land of his desire."

* * *

"Let my grave be unmarked: I fear not to be forgotten."

* * *

"May God forgive you your weakness—but let him damn mine."

* * *

"I will not covet the gift that is yours, but I will pray that mine own be revealed."

* * *

If you wish to send a little remembrance to a friend who appreciates things out of the commonplace, send a copy of "My Little Book of Prayer." Printed on Strathmore Japan paper, cloth, gold lattice side stamp, gilt tops, price \$1.05, by mail. A copy of this edition and SUGGESTION one year will be sent for \$1.50; foreign, eight shillings. Another edition is printed on Alexander paper, French grey boards, blue stamp, blue edges, price 55 cents. A copy of this edition and SUGGESTION one year will be sent for \$1.25; foreign, seven shillings.

E. E. C.

AD SENSE, a monthly magazine for advertisers, and business men in general, is, beyond question, the best business publication in the field. There are about 96 pages of bright, practical reading matter every month, and progressive business men cannot afford to be with-

out it. The price is 15 cents per copy; \$1.50 per year. It is published by the AD SENSE PUBLISHING COMPANY, 93 State Street, Chicago.

* * *

In the April issue of *The Open Court* (10 cents per copy; 1322 Wabash Avenue, Chicago), appears an 18-page article, giving details of how to read sealed messages, and thus duplicate the most wonderful feats of any medium. Every one who ever attended a seance should read this article; it explains how messages are read which are kept close in the possession of the writer; in fact, it gives a clear expose of the most famous slate writing tricks and wonderful tests which have made thousands of spiritualists. The article tells where mediums buy their trick outfits, and gives the addresses of firms dealing in all kinds of tricks and traps used by mediums. If you have a friend who is being drawn under the influence of some bogus medium, get a copy of *The Open Court* and let your friend have some wholesome reading. Those who wonder how Anna Eva Fay performs some of her mysteries will not wonder after reading the article mentioned. There may be such a thing as psychic phenomena, and there are some who have more than ordinary power in using the subjective mind, but when a person advertises in the public prints that he or she can read sealed messages by spirit power you may set that person down as a common fraud.

E. E. C.

* * *

FOODS THAT ARE DRUGGED is the title of a booklet by Dr. Leon Elbert Landone; 50 cents; 806 Fine Arts Bldg., Chicago.

In this booklet is given information that should be read by every one that eats; every mother should read how ordinary foods are adulterated with poisonous chemicals; those things which are seldom found pure are lard, "imported olive oil," canned meats, jellies, confectionery, spices, molasses, tea, catsup, pickles, and many articles of food.

The book also quotes from the books "The Jungle," which contains severe criticisms on the methods of the Chicago meat packers. Those who eat meat should read the book to find out something about the conditions which exist in some of the big packing plants; vegetarians will find in the book very strong arguments to uphold their views. The food question is probably the most important question before the world today; when we discover that natural food of mankind and the cheapest way to produce it, many of the most serious problems of life will be solved; the little book by Dr. Landone helps to clear the way to the final solution.



Business Talks

BY THE MANAGER



REGARDING the advertisement of the Black Sand and Gold Recovery Co., which appears in this issue of the magazine, I will say that several friends have written to the editor as to the standing of the company. In response to these letters last month the following editorial paragraph appeared over the signature of Dr. Parkyn:

"Since the appearance of the June issue of SUGGESTION, with the six-page advertisement of the Black Sand and Gold Recovery Co., I have received a number of inquiries regarding the standing of that company and the correctness of the statements made in the advertisement. One person states that it seems incredible that such things can be true, etc.

"I have personally investigated every point mentioned in the announcement in the June issue, and I believe that each and every statement is literally true, and that the company is the sole possessor of very valuable patents and concessions. After a careful investigation extending over a year, I have satisfied myself that the company is worthy of the confidence of the readers of this magazine, and I have not only become interested myself, but have advised my friends and relatives to investigate the matter."

These remarks from the editor are sufficient evidence that the company mentioned is thoroughly reliable and that the statements made in the advertisement are true. A report issued by the United States government bearing on the fabulous wealth of the black sand of the Pacific coast will be sent upon application, and at the offices of the company may be seen specimens of steel made by the United States government from iron ore extracted from the black sands. It is estimated that the black sands of the West contain enough ore to supply the world for 100 years and the company mentioned control patents which give it a perfect monopoly of the steel industry of the Pacific coast and the Orient.

* * *

ARRANGEMENTS are being made to change the size of this magazine with the next number. It has been decided that by making the magazine longer and narrower it will be more easily handled and read; it will fit in a man's pocket more conveniently than the present size, and it would also fit in a woman's pocket if custom would allow women to have pockets. It is deplorable that a silly custom should prevent womankind from having pockets; but custom is a heavy master; custom decrees that magazines shall have a certain shape and few publishers dare to defy custom. But we are going to defy

him; the size mentioned will be more convenient for printing and binding and it will admit of other improvements.

* * *

IN THE September issue we hope to run pure reading matter on every opening in the advertising section; this will be of great benefit to advertisers. All advertisements will run clear across the page, as there will only be one column on each page. This will make the advertisement more prominent. Advertisements will have to be reset for the September issue and advertisers should send in copy at the earliest possible moment.

* * *

AS WE change the shape of the magazine with September, so we take another step forward regarding the policy of the magazine. We will devote more matter to the broad principles of health, happiness and success and make SUGGESTION more interesting and practical to those who are studying the art of living. If we know how to live, we have solved the problem of life, and so we will devote more space to a general consideration of these problems; of course, we will always keep in mind the great basic psychological principles which underlie all human action. We want to interest an ever increasing circle of readers, and desire to bring into the SUGGESTION family all who are students of truth and progress.

* * *

A THOUSAND copies of each issue are set aside for the use of our friends as sample copies. Send us the names of your friends who are beginning to think and we will send sample copies; we will also pass these names on to other advanced thought magazines, so your friends will receive several copies of progressive magazines.

Attention is called to the announcement in the business notes of this issue of the SECOND SERIES OF NEW PSYCHOLOGY MAILING CARDS; the quotations have also been printed in the form of wall mottoes for decorative purposes. The Mailing Cards and Motto Cards are beautiful in execution and sentiment, and to see them means that you will want a set and also a set for your friend; hold ever before your eyes strong, helpful, beautiful thoughts and ideals, and in time these thoughts and ideals will become a part of you; you will make them your own and they will be a constant source of strength, encouragement, help and inspiration. Commit them to memory and you will have daily and hourly a host of thought-friends that will repay you a thousand fold for the time required to make their acquaintance. If you want to cultivate the higher ideals of life, begin now and get these cards. They contain the quintessence of the wisdom of all ages, all religion, all philosophers, all systems of occultism. And the price—well, we practically give them away. But you must do your part.

This, That and the Other

Back to Pulpit.

What Food Did for a Clergyman.

A MINISTER of Elizabethtown tells how Grape-Nuts food brought him back to his pulpit: "Some five years ago I had an attack of what seemed to be La Grippe, which left me in a complete state of collapse, and I suffered for some time with nervous prostration. My appetite failed, I lost flesh till I was a mere skeleton, life was a burden to me, I lost interest in everything and almost in everybody, save my precious wife.

"Then, on the recommendation of some friends, I began to use Grape-Nuts food. At that time I was a miserable skeleton, without appetite and hardly able to walk across the room; had ugly dreams at night; no disposition to entertain, or be entertained, and began to shun society.

"I finally gave up the regular ministry; indeed I could not collect my thoughts on any subject, and became almost a hermit. After I had been using the Grape-Nuts food for a short time I discovered that I was taking on new life, and my appetite began to improve; I began to sleep better and my weight increased steadily; I had lost some 50 pounds, but under the new food regime I have regained almost my former weight and have greatly improved in every way.

"I feel that I owe much to Grape-Nuts and can truly recommend the food to all who require a powerful rebuilding agent, delicious to taste and always welcome." Name given by Postum Co., Battle Creek, Mich. A true natural road to regain health, or hold it, is by use of a dish of Grape-Nuts and cream, morning and night. Or have the food made into some of the many delicious dishes given in the little recipe book found in pkgs.

Ten days' trial of Grape-Nuts helps many. "There's a reason."

Look in pkgs. for a copy of the famous little book, "The Road to Wellville."

Artistic Tone Production.

By CARL YOUNG,

Auditorium Building, Chicago.

If you wish to sing, get something to sing with!

Whoever heard of digging minted gold dollars from the mines, mining diamonds already ground and polished?

Voice is not artistic, to begin with, yet "teachers of voice" are endeavoring to force their pupils to sing beautiful tones at once. The mass of singers produce tones from three to seven different ways, being wholly unaware of the law of vibration which unifies the compass. A knowledge of the Science of the Connection between Vibration (nerve action) that sings, and Consciousness, conspicuous for its absence. A knowledge of vital law, the motive power in the unfoldment of the gift of song, which, approximately, compels the simultaneous development of the entire general and specific vocal structure, usually, is represented by zero.

Vocal art is divine, invisible (for the mind is the Artist), abstract. Vocal art should be mental, motor-song activity. It is the unfoldment of the involuntary into the voluntary, and finally, the subconscious. The elimination of vital law by the substitution of physical action,—or, speaking more elementally, trying to vibrate physical atoms to produce tone, without first knowing What, How, and Why, is like a rudderless ship, or a man with his heels in the air, instead of his head. First, by unfoldment, make the mind master of matter, and correct and rapid physical development is compelled.—See *Psycho-Physics of Tone*, in March number of *SUGGESTION*.

THE IDEAL SIGHT RESTORER AND MASSEUR is a unique device, so made that it treats the eye in nature's own way by simple massage. In these days of advanced and rational treatments of diseases, the IDEAL EYE MASSEUR ranks as a leader. The principle of this device is indeed simple, and its use is a pleasure. The soothing massage of the eye strengthens the weaknesses by reason of its action upon the eye, nerves and muscles. Each year the IDEAL COMPANY increases its hosts of friends and it is most pleasurable for us to recommend this concern to anyone whose eyes are diseased or a source of discomfort. The IDEAL COMPANY has a splendid suite of offices at 239 Broadway, New York City, and it will well repay you to write for their valuable and interesting literature, which will be sent to you "free of charge."

Didn't Believe

That Coffee Was the Real Trouble.

SOME people flounder around and take everything that's recommended, but finally find that coffee is the real cause of their troubles. An Oregon man says:

"For 25 years I was troubled with my stomach. I was a steady coffee drinker, but didn't suspect that as the cause. I took almost anything which some one else had been cured with, but to no good. I was very bad last summer and could not work at times.

"On Dec. 2, 1902, I was taken so bad the doctor said I could not live over 24 hours at the most and I made all preparations to die. I could hardly eat anything, everything distressed me, and I was weak and sick all over. When in that condition coffee was abandoned and I was put on Postum, the change in my feelings came quickly, after the drink that was poisoning me was removed.

"The pain and sickness fell away from me and I began to get well day by day, so I stuck to it until now I am well and strong again, can eat heartily, with no headache, heart trouble or the awful sickness of the old coffee days. I drink all I wish of Postum, without any harm, and enjoy it immensely.

"This seems like a strong story, but I would refer you to the First Nat'l Bank, The Trust Banking Company, or any merchant of Grant's Pass, Ore., in regard to my standing, and I will send a sworn statement of this if you wish. You can also use my name." Name given by Postum Co., Battle Creek, Mich.

Still there are many who persistently fool themselves by saying, "Coffee don't hurt me." A ten days' trial of Postum in its place will tell the truth and many times save life. "There's a reason."

Look for the little book, "The Road to Wellville," in pkgs.

Readers of SUGGESTION will find the advertisement of Dr. Schaefer, of Erie, Pa., on another page. The Schaefer System of Healing, invented by said doctor is now practiced in all parts of the world, and the cures made by this invention are such as cannot be claimed by any other method of healing. Any person looking for health or a paying profession should write for testimonials, etc., to Dr. Schaefer, Erie, Pa.

PERSONAL.—E. B. G., La Fayette, Ind.—Your communication is too long for publication in SUGGESTION. Send in your name and address and we will return it.—EDITOR.

SUGGESTION

DR. GEO. C. PITZER, well known to SUGGESTION readers as an authority on practical psychology and suggestive therapeutics, is now located at 1045 S. Union Ave., Los Angeles, Cal. It seems that southern California is rapidly becoming an international center for advanced thoughts and ideas. Many centers, publications, teachers, writers, healers, sanitariums, etc., all devoted to progressive ideas, are located in Los Angeles and adjacent territory. Dr. Pitzer is the latest person of note to join the little army of progressionists located in sunny California, and we wish the Doctor success in his new abode.

Southern California is one of the ideal spots for health, study, recreation or business; Los Angeles is the home of many teachers of occultism, new thought, naturopathy, liberalism and progressive ideas generally. In fact, the very air of California seems charged with a feeling of freedom and intellectual liberty. People are learning to think for themselves in the west.

EATING IS SO FOOLISH.

I wonder people keep it up.

They pay the cook, the butcher and the delicatessen man for making them sick; they pay the druggist and doctor for making them think they're getting well; they pay the great specialist for making them know they can't get well; then when they come to us Naturopaths, who alone could have cured them, all they have left is penitence, poverty and pessimism. Nice for us. Beautiful specimens of patchwork we get to devise a whole human out of. I'm not grumbling—only ruminating because *Naturopathy can cure anything*; and the harder the case, the greater the triumph.

But I'm getting off my text.

I started to tell you about the Science and Art of Fasting.

Fasting doesn't mean sackcloth and ashes. It doesn't mean even solemnity. It certainly doesn't mean the gruesome looking skeletons you may have noticed in books on the subject. Shucks, who wants to get like that? Fasting is fun—a lot more fun than eating. If you do it because you should, you want to and should know how. Fasting is the *quickest, surest, cheapest, easiest, best* way to health, power, beauty, wisdom, courage, poise, opulence, happiness if you have read the one book in the world that explains the why and how of Fasting, in its mental, phsyic and spiritual aspect.

"*The Philosophy of Fasting*," by Edward Earle Purinton, is absolutely unique in advanced thought literature. It records the results, lessons, benefits and warnings from his 30-day fast, taken some time ago, and so widely noted by the press of the country. It supplies healing for mind, body, heart and soul *all together*. It gives a complete set of Twenty Rules for *sane* Fasting—something unheard of before. It proves, it improves, it satisfies. Believe me until you know for yourself.

One hundred and thirty pages, elegant binding, author's autograph and likeness. \$1.00 the price. A dime is still less—for that I'll mail you circular of the book, together with my magazine "*Naturopath*" for three months. No fads—just straight common sense, helping you to help yourself. Here's my hand and heart.

BENEDICT LUST.....124 East 59th St..... NEW YORK CITY

Kosmos Hygienic Institute

Kneipp Water Cure Sanitarium, Chicago



THIS is an institution for the prevention and permanent cure of *all acute and chronic male, female, and children's diseases* without drugs and operations, by the simple means of **NATURE CURE**, as *pure, natural food, cold water treatments, sun and air baths, physical culture, magnetism*; etc. All those who have been vainly seeking for relief from their various ailments by the o'd ways of healing and who feel that they are not yet ripe for the eternal rest, should carefully read the following. By giving *Nature Cure, pure and simple*, a fair trial, they will soon find that they do not get "stones instead of bread," and be spared further disappointments.

Drugs never heal; they only suppress symptoms which always appear in the form of pains, fever, eruptions, etc., when the laws of nature have been grossly violated. The old school of medicine has a thousand different remedies for as many ailments. One disease is constantly substituted by another. The system is saturated with drug poisons which momentarily stimulate the organs, but in time seriously impede vital action, causing chronic diseases in their various forms and endless suffering.

The natural method of healing always aims to clean the entire system and to increase its resistive power against injurious influences.

The organs of the body are inter-dependent and we cannot injure one organ without affecting the others. All healing must come from within and every sick organism can only recover if it is put under the same conditions which are necessary for the perpetuation and propagation of organic life in general. These are in their natural order as follows: *Sunshine, fresh air, water as drink, fruits as food, exercise and rest*. Only if these are properly used, water may be employed as a specific healing factor in the form of baths or ablutions, but always in its natural temperature, neither artificially heated nor cooled. In short, we teach and practice the great and universal truth that the preservation of health is only a matter of living in perfect harmony with Nature. The Supreme Intelligence which develops an invisible cell into an organism of the most wonderful perfection, certainly knows how to restore health if not hampered in her wise but often misconstrued ways.

SUGGESTION

As there is but one cause of disease—violation of nature's laws—there is but one remedy; a natural and rational mode of living.

Our Sanitarium is located in Chicago's most beautiful section, just opposite Lake Michigan and Lincoln Park whose ever green lawns, blooming flowers and majestic trees are particularly inviting to all who wish to spend the larger part of the day, especially during warm weather, in nature's realm. During the winter all rooms of the house are comfortably heated. We have a library and a reading room, where lectures in English and German on hygienic subjects are frequently given, always followed by discussion and answering of questions by the lecturer. The managing physician will devote at least one hour every day to the consultation by the patients, carefully recording their improvement.

Terms.—Treatment, board and room, \$2.00 per day and up.

Treatments given to patients not staying at the Institute, \$1.00

Complete diagnosis from the eye and consultation, \$2.00

Full advice given by mail, \$2.00; send for question blank.

Hours for Consultation—Daily, 8-10 a. m. and 4-7 p. m. Saturday, 1-3 p. m., free of charge.

Send postal for further information and literature regarding natural methods of healing.

KOSMOS HYGEINIC INSTITUTE,

KNEIPP WATER CURE SANITARIUM,

765 N. CLARK ST. PHONE DEARBORN 5734. CHICAGO, ILL.

At Vrilina Heights, Williams Bay, Wis., reached by a short ride from Chicago, Dr. Alice Stockham has a summer resort for people who think. At Vrilina are to be found nature in her most lovely forms—air, water, forest and stream—and there gather every summer a choice congregation of friends who love nature and who seek inspiration and strength from the beautiful surroundings and helpful association. Lectures, classes and discussions furnish food for the mind, while the body is being strengthened, tanned and bronzed. Ask Dr. Alice all about it, or call and see her at 70 Dearborn St., Chicago.

Important Announcement

To those interested in Suggestive Therapeutics, Drugless Healing, Osteopathy and Natural Systems of Healing.

The regular edition of Dr. Parkyn's 400 page work on **Suggestive Therapeutics** has been exhausted. While a new edition is preparing we can fill a few orders from the balance of an edition printed for distribution among editors. This edition is the same as the regular edition, except that it is printed on thinner paper; it is cloth bound and contains all the matter found in the regular \$5.00 edition.

Dr. Parkyn's work is a standard treatise on Suggestive Therapeutics; thousands of copies have been sold to physicians and students; the work is comprehensive in scope and covers the whole ground of psychic healing; it is an invaluable work to any practitioner of drugless methods of healing; the method given by Dr. Parkyn can be used in connection with osteopathy, naturopathy, electropathy or any forms of hygienic treatment. A study of the book will enable anyone to obtain a clear insight into all forms and methods of faith cures, mental healing, relic cures, Christian Science, "absent treatment," etc

The few copies mentioned above will be sent prepaid by mail or express, as desired, for \$2.50 each. Send for table of contents, descriptive literature and testimonials. Address,

CHICAGO SCHOOL OF PSYCHOLOGY
4020 Drexel Blvd., CHICAGO

H. A. FYLER, Secretary

THE LAW OF Psychic Phenomena

By THOMSON J. HUDSON, L.L. D., The Father of the New Psychology.

The Law of Psychic Phenomena explains all the facts relating to spiritualism, mind reading, telepathy, clairvoyance, apparitions, the subjective mind, the law of suggestion, faith cures, Christian Science, magnetic healing, and absent treatment. Read this book and understand dual personality, mysterious disappearances, catalepsy, premature burial, trance, etc.

Read **The Law of Psychic Phenomena** and you will understand all about occultism, witch doctors, subjective visions, and the mysterious happenings of the ages. **THE LAW OF PSYCHIC PHENOMENA** throws light on the mysterious realms of the psychic world, and clearly shows the basic law of human consciousness, clear, simple, and to the point. Any one can understand the book; written in lucid English; it is the standard text book on the New Psychology; nearly 100,000 copies have been sold.

All Seekers after psychological truth should read this book; it points the way, and makes your path clear. It gives a working hypothesis to explain all psychical manifestations of whatever nature. It covers the ground. It shows that natural laws govern the psychic as well as the physical realms, and gives the death blow to superstition, charlatanism, relic cures, and many vagaries now masquerading as system of religion and philosophy. Money refunded if asked.

By an arrangement with the publishers of this book and **SUGGESTION**, we are enabled to make the following offer:

The Law of Psychic Phenomena , - - - - -	\$1.50
Suggestion, one year , - - - - -	1.00
	\$2.50

Send \$1.75 and receive the above combination; old subscribers to **SUGGESTION** may renew by sending \$2.00 for the above offer; foreign, 50 cents (two shillings) additional in each case; in the city of Chicago, 25 cents additional in each case.

SPECIAL:—Old and new subscribers by adding 30 cents to above offer will receive Elizabeth Towne's magazine **Nautilus** for twelve months; foreign, one shilling extra.

Send all orders to

PREMIUM SUBSCRIPTION AGENCY

4000 Cottage Grove Avenue, Chicago.

When writing to advertisers please mention **SUGGESTION**.



Stop Forgetting!

Free

If you will write me at once I will mail you immediately a Trial Copyrighted Exercise and my very valuable booklet

"HOW TO REMEMBER"

THE Art of Memory reduced to a science, so that the ordinary brain is capable of retaining facts as easily as the more gifted.

My method will enable you to accomplish more in a week than the hard-working man who does not THINK will be able to do in a month, thus saving time and doubling your income. Poor memory is simply a lack of knowing HOW to think.

The Dickson Method supplies that want, teaches you to think, to remember, to concentrate your mind, to converse fluently, to recall instantly faces, names, business details, books, studies, etc.

No cumbersome and wearying method to memorize, requiring a strong memory to begin with. Simple, easy, and sure to bring satisfactory results.

SLIPS of memory often mean the sacrifice of success, happiness and even life itself. Master your mind, compel it to respond clearly, accurately, instantly.

By my method you can convert a treacherous memory into a reliable one. Its study will give you perfect mind control and mental poise. Requires but a few minutes each day and richly repays the time invested.

No matter what your life work is, a study of this method will make you more successful. A good memory saves time and money.

Thousands of testimonials from men and women in every walk in life have been received from all over the world, stating that the writers owe their success to it.

Write today for wonderfully interesting illustrated 32-page booklet, "HOW TO REMEMBER."

DICKSON SCHOOL OF MEMORY

940 KIMBALL HALL, CHICAGO

When writing to advertisers please mention SUGGESTION.

Why I Wish to Tell Your Fortune Free

A young lady in Nebraska once wrote asking me to reveal her fortune by Astrology. Among other questions, she asked me to tell the color of her eyes and what color her barn was painted.

I mention this to show the **mistaken ideas** which many people hold regarding Astrology.

It was to show what **my system of Astrology** really means and to **prove** my power to aid and assist humanity, that I began, many years ago, the sending of Trial Horoscopes to all persons interested enough in their future to send me a two cent stamp.

Dear Reader, I wish also the privilege of convincing you of my ability to look into your future, to guide your steps in the right path, to lead you (as I have led many, many others) to success in business, love, in the attainment of any praiseworthy object.

Life is not all luck, as many would have you believe. Those who crowd to the front, are those who understand themselves and their possibilities **thoroughly**. No guess work, no waiting to see what may turn up.

When a prominent New York financier has been known to daily consult an Astrologer before entering upon speculation, is it not high time for you to learn your fortunate periods, time for you to look into this science and see what fate has in store for you?

Did you ever hear of a divorce where two people were married in harmony with their Astrological indications?

Did you ever stop to think that some of your rivals, who are perhaps outstripping you in the race for money, love or fame, are pushing forward in the clear light of Astrological knowledge, whilst you are groping blindly in the dark?

While not turn to me for advice and be yourself the successful leader?

I have drawers filled with letters from grateful patrons, letters which I hold sacredly confidential, letters telling me of **financial advancement**, of success in love and marriage; also many sad letters regretting that my advice had not been asked years ago.

Pleased patrons have sent friends to me, have asked my advice for their children and children's children.

My success has brought imitators, probably some of them are advertising in this very paper. Some have tried to copy my work, many of them have boldly copied my books and circulars. Remember, I was the **first** to send free Horoscopes for the asking. I alone guarantee the correctness of my forecasts.

My system of Astrology will answer questions of vital interest to every human being; will name your fortunate days and years, will tell you of the likelihood of legacies, will show you who to marry. This trial reading which I offer you free will mystify you by its correctness.

My system of Astrology is different from that of any Astrologer living or dead. To the Astrology of biblical days I have added the results of my own study and observation, until I am able to foretell events which absolutely come to pass.

Patrons write me after the lapse of years, announcing the fulfillment of every prediction.

You will be so convinced by what I tell you, by my wonderful powers to read your future like an open book, that you will write me when in doubt or in trouble; when you want advice about speculation, business, marriage, travel and the future, you will also be glad to refer your friends to me, and in that way repay me for the cost of the Free Horoscope which I will send you.



Your entire statement of past and present is absolutely true, lucky days, journeys, that treacherous friend, all correctly named.—

Wiltrop, Cal. Thomas M. Jennings.

It is wonderful how you can describe everything and answer my questions without the slightest error.

Lake City, Colo. Mrs. Mary A. Hougaard.

Am well pleased with Reading, and am only sorry I did not have it years ago, for I know I would have been spared much trouble.

Fairport, N. Y. Mary A. Miller.

The totally unexpected discovery that you forecast has since developed and it will startle the medical world.

Weatherford, Tex. B. C. Yates.

You described my life as if you had always known me, my friends are all going to write you.

Boston, Mass. Mrs. E. W. Iverson.

Read these testimonials Published with Full Permission, and Doubt No Longer.

Write me to-day lest you forget.

Send me to-day your full name, date of birth, sex and if married or single, with a two-cent stamp for return postage and this Horoscope will be mailed you at once **FREE**.

PROF. EDISON, 89 G Street, BINGHAMTON, N. Y.

THE IDEAL SIGHT RESTORER

THE IDEAL EYE MASSEUR
Is Your Sight Failing?

Do You Wear Glasses?

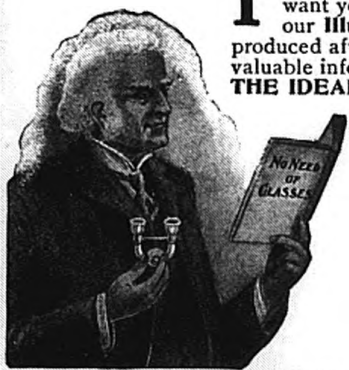
Do Your Eyes Cause Headache?

Do Your Eyes Smart or Burn?

Are Your Eyes Glassy or Strained?

Are Your Eyes Inflamed or Red?

All refractive errors, muscular trouble and chronic diseases of the Eye successfully treated by scientific MASSAGE.



IF you have trouble with your eyes for any reason whatever, we want you to write us to-day, and we will send you by return mail our **Illustrated Treatise on the Eyes**. This work has been produced after much research and expense. It contains a wealth of valuable information, and is fully illustrated.

THE IDEAL SIGHT RESTORER is a device so made that results from its use, although slow, are permanent. It treats the eye in Nature's own way, with simple massage. Hundreds of people have forwarded unsolicited testimonials to us, and no doubt among them is some one in your city or town who has used **The Ideal Sight Restorer** with gratifying results.

Do not fail to write us to-day for our literature. It is absolutely free.

THE IDEAL COMPANY

239F Broadway, N. Y.

Alfalfa Honey FOR SALE.

In 5 Gal. 60-lb. Cans, \$4.00 Each.

I make a specialty of fine honey for table use. Alfalfa honey is now considered the very finest of all honeys. No Eastern honey can compare with it. My apiaries are located in some of the most extensive alfalfa and sweet clover fields in the United States, and customers can depend on receiving the very best honey to be had. Can furnish strong testimonials in favor of my honey from all parts of the country.

Sample honey with small Booklet for a two cent stamp.

Address

A. F. STAUFFER,

Proprietor
Delta Apiaries

DELTA, COLORADO.

IF I HAD YOUR PHOTO



I could give you valuable advice about health, happiness and success. I have aided thousands to find the path that led to success. I am a phrenologist and can give you information that will be worth thousands of dollars to you. Why not send for my booklet and let me tell you more about this very important subject?

I refer by permission to the manager of this magazine.

J. M. FITZGERALD

Suite 1405-8 126 State St., CHICAGO

A PRACTICAL COURSE IN SELF-DIAGNOSIS AND SELF-HEALING BY MEANS OF



(By H. E. LANE, M. D.)

"THE DIAGNOSIS FROM THE EYE" is a most remarkable book, the result of years of careful observation and research. It deals with one of the *most important and far-reaching discoveries* in the science of healing; with the fact, that the *iris of the eye* is a mirror of mind and body and *discloses the inner condition of man*.

It gives absolute proof that the condition of every part and organ of the body is reflected in corresponding parts of the iris of the eye, that every constitutional and congenital taint and lesion, every artificially cured (suppressed) disease, every poisonous drug, every acute or chronic inflammation, every loss of substance, shows itself by unmistakable signs, which enable every one to make a reliable diagnosis of his physical condition after a careful study of the book.

The work is written in plain and popular language and profusely illustrated; it fully confirms the teachings of "Nature Cure," giving practical advice for the treatment of the most frequent diseases, accidents, injuries, blood poisonings, etc.; it is a true and precious counsel, which should have a place in every home.

"The book is the work of a most intelligent mind, one intent on the acquisition of truth and untiring in its search therefor. It is a wonderfully interesting piece of writing, put into a shape admirably adapted to making the subject clear to all who read."—*BOSTON IDEAS*.

156 large pages, 70 original illustrations; neatly bound in cloth; sent prepaid on receipt of \$1.00.

Das Buch ist auch in Deutsch erschienen unter dem Titel "Der Krankheitsbefund aus dem Auge."

COSMOS Publishing Company and Hygienic Institute,
Suite 28, 765 North Clark Street, CHICAGO, ILL.

Raw Food Diet, Physical Culture and Cold Water Treatments are our highly successful healing factors. Write for circulars.

The Foundation of all Reform, cloth 35c; paper 25c.

The Folly of Meat-Eating, 10c.

GREATEST GEOLOGICAL EVENT OF AGES

THE NAUTILUS FOR AUGUST



Contains a splendid article by Prof. Edgar L. Larkin about the greatest geological event of ages, the forming of the great Salton Sea, over 50 miles long and still growing, by the change of course of the mighty Colorado River. This intensely interesting article is accompanied by photographs and a relief map showing the vicinity of the great

new sea. This new sea is probably one of the results of the recent great earthquake, about which Prof. Larkin wrote so interestingly in July NAUTILUS.

THE NAUTILUS for August contains also a beautiful new poem "Knowledge," by Ella Wheeler Wilcox; a charming new poem by Maglyn Dupree, "The Bee's Choice;" "A Meditation on Health," by Florence Morse Kingsley; "The

Evolution of a Castaway," by Eleanor Kirk; another installment of that wonderful series of articles on the "Law of the Rhythmic Breath," by Ella Adelia Fletcher; "Saving and Giving," by Frederick Rosslyn; "Overcoming the Last Enemy," by Elizabeth Towne; "New Thought in the Kitchen," by R. M. F. Berry. Besides all this there are editorials by Elizabeth Towne and William E. Towne, and a number of "Short Stories from Real Life," by L. A. Bow and others to afford something better and more interesting than "midsummer fiction."

Another month and the price of NAUTILUS will be \$1.00 a year. Just now you may have a year's subscription for 50 cents. Or, a 4 month trial subscription for 10 cts. Order right away before July and August issues are exhausted.

ELIZABETH TOWNE,

Department 17,

Holyoke, Mass.

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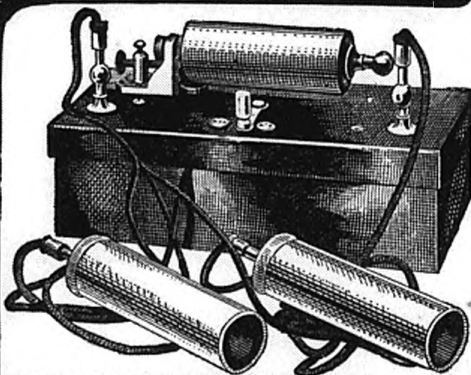
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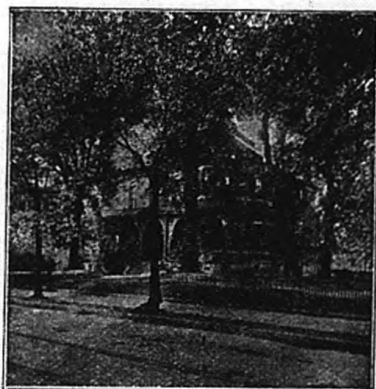
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